Wellness Wednesday

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.

25TH OF SEPTEMBER



Click image to the left to check out a Peer Support Pledge - A powerful way to look out for one another.



Click above for tips on recognizing the signs of distress.



Click above for an article on building your RESILIENCE.



THIS WEEK'S AFFIRMATION:

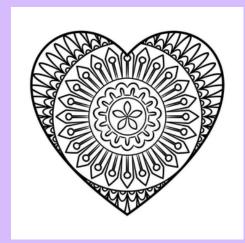
Every emotional experience enriches my understanding of myself and the world.



Click above for a guided meditation on self-compassion.



Click the image above to learn 10 ways to build resilience.



In the mood to color?
Clink the image above and enjoy.