

# WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

12TH OF MARCH

**What is  
self-care,  
really?**

Click above for a video to answer this question.

Self care  
ISN'T  
Selfish

8 types of self care

PHYSICAL



nutrition  
exercise  
sleep

MENTAL



mindfulness  
self-talk  
therapy

EMOTIONAL



gratitude  
triggers  
journal

SPIRITUAL



meditate  
nature  
yoga

INTELLECTUAL



read  
learn  
hobbies

ENVIRONMENT



clean  
safety

SOCIAL



boundaries  
connection

FINANCIAL



budget  
save



Click the image above for a Self-care meditation.

This Week's Affirmation:

I enjoy taking care of myself.  
Prioritizing my wellbeing is essential.



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

**988** SUICIDE & CRISIS  
**LIFELINE**