

# WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

19TH OF MARCH



Click above for a brief video on the importance of sleep.

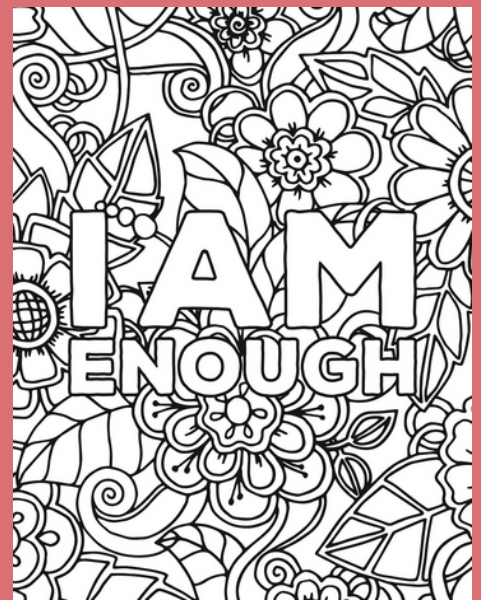
Click the image to the right for 10 Ways to Cultivate Self-Kindness



Click the image above for a Self-care meditation.

**SELF**  
*care*  
IS NOT SELFISH

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.

## ☆ Self-Care Jar



SelfLoveRainbow

1. Get an **empty** jar
2. Write down your **favorite** self-care ideas on strips of paper
3. Fill the jar with all of your **ideas**
4. When you're feeling down or **drained**, pull one out and do the activity



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