

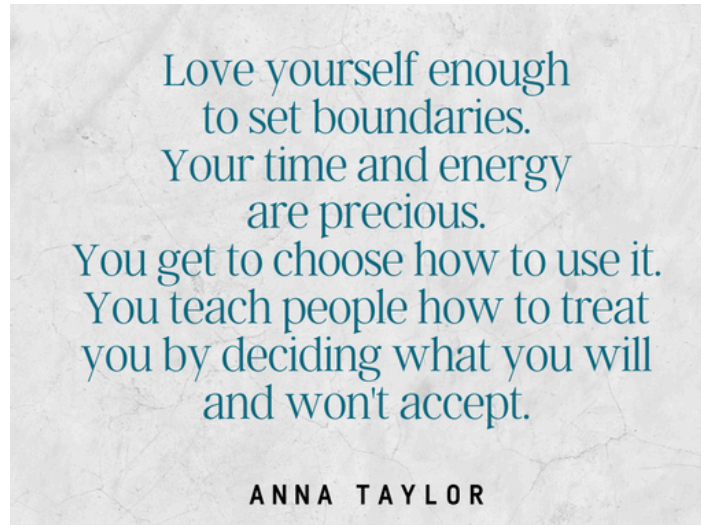
Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

23rd of April



Click the image above for an article on setting and holding healthy boundaries.



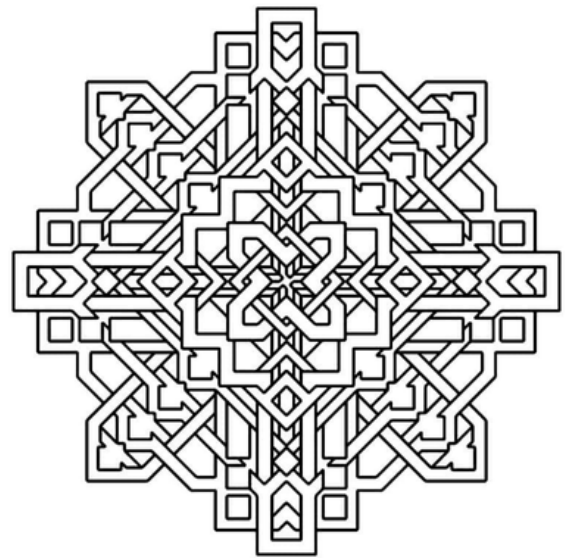
Click the quote above for a meditation on setting boundaries.

Benefits of Healthy Boundaries

- Beneficial for emotional and psychological well-being
- Helps distribute time and attention appropriately
- A way to manage your life, time, and health
- Helps manage stress
- Leads to more fulfillment
- Helps with decision-making based on your best interests
- Helps define individuality
- Leads to a stronger identity
- Leads to more autonomy
- Limits exposure to adrenaline and cortisol
- Crucial for maintaining healthy relationships
- Helps diminish disappointment, anger, frustration, confusion, or resentment in relationships

This Week's Affirmation:

The more I practice enforcing my boundaries, the easier it will be.



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

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