

WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing

7th of May



Click the image above for a brief video regarding Mental Health Awareness Month



Mental Health Matters



Click the image above for a healing meditation.

MENTAL HEALTH
is just as important as
PHYSICAL HEALTH

This Week's Affirmation:

My mental peace is my priority.



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

988 SUICIDE & CRISIS
LIFELINE