Wellness Wednesday YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING

21ST OF MAY



Click the image above for a brief video on caring for your mental health over the

summer. Click the image to the left to

learn 10 Habits to Boost Your Wellbeing!



Click the image above for a meditation to celebrate you!

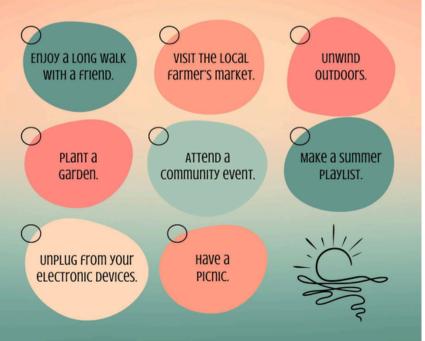


Click the image to the left to visit a Virtual Calming Room.

THIS WEEK'S AFFIRMATION

I will use my summer break as a time to rest and recharge my mind, body, and spirit.

Mental Health Summer Bucket List





Click the image above and enjoy.

SUICIDE & CRISIS