

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

ENJOY A LONG WALK WITH A FRIEND.

VISIT THE LOCAL FARMER'S MARKET.

UNWIND OUTDOORS.

PLANT A GARDEN.

ATTEND A COMMUNITY EVENT.

MAKE A SUMMER PLAYLIST.

UNPLUG FROM YOUR ELECTRONIC DEVICES.

HAVE A PICNIC.



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

988 SUICIDE & CRISIS
LIFELINE