

# Wellness Wednesday

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.

25TH OF SEPTEMBER

**SUICIDE  
PREVENTION**  
AWARENESS MONTH

Click image to the left to check out a Peer Support Pledge - A powerful way to look out for one another.

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable

Click above for tips on recognizing the signs of distress.

**resilience**

starts with connection



Click above for an article on building your RESILIENCE.

**988** SUICIDE & CRISIS  
LIFELINE

**THIS WEEK'S AFFIRMATION:**  
Every emotional experience enriches my understanding of myself and the world.



Click above for a guided meditation on self-compassion.



Click the image above to learn 10 ways to build resilience.



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