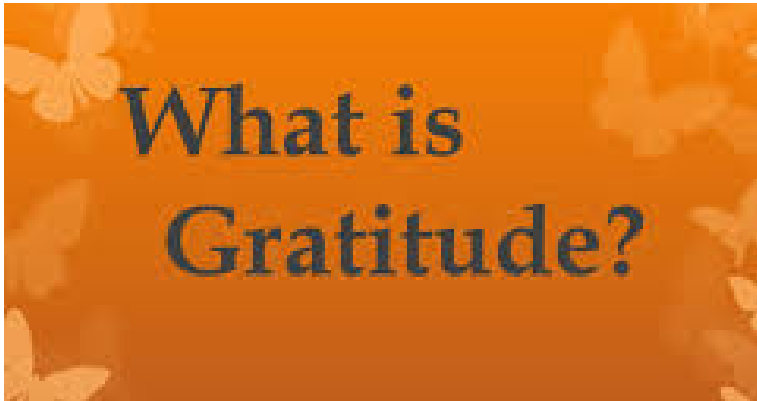


Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

6TH OF NOVEMBER



What is *gratitude*?

Click above for a short answer.



Click the image above for a brief video:
The Science of Gratitude



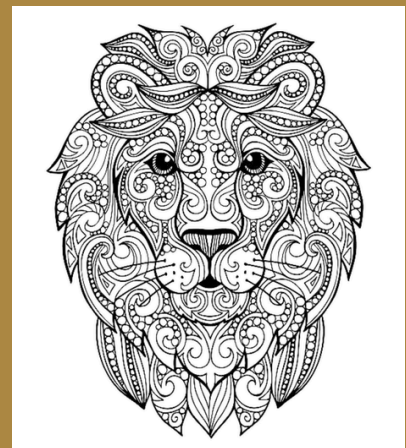
Click above for a short video on
How to Start a Gratitude Journal.



Click above for a brief
guided meditation.

This Week's Affirmation:

"The power of finding beauty in the humblest things makes home happy and life lovely." — Louisa May Alcott



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



Click the image above to watch a
video on the gift of gratitude.