

Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

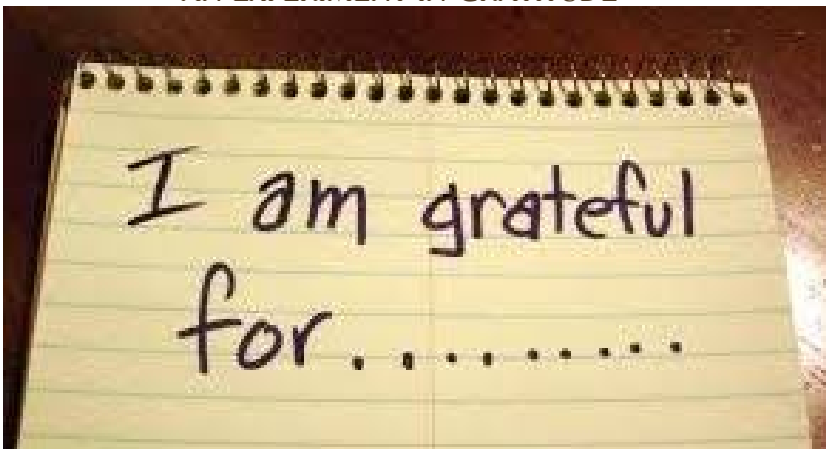
13TH OF NOVEMBER



WHAT'S SO GOOD ABOUT GRATITUDE?
CLICK ABOVE TO FIND OUT.



CLICK THE IMAGE ABOVE FOR A BRIEF VIDEO:
AN EXPERIMENT IN GRATITUDE



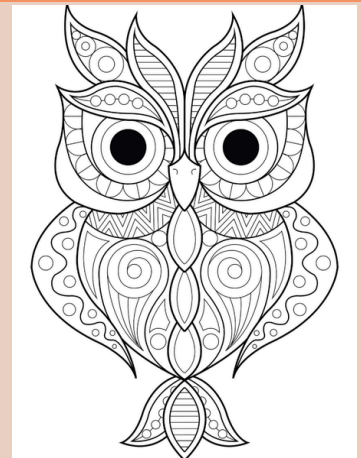
CLICK ABOVE FOR A GRATITUDE JOURNAL PROMPT.



CLICK ABOVE FOR A BRIEF GUIDED
MEDITATION.

This Week's Affirmation:

I AM GRATEFUL FOR MY LIFE'S
CHALLENGES FOR HELPING ME GROW AND
BECOME WHO I AM.



IN THE MOOD TO COLOR?
CLICK THE IMAGE AND ENJOY.

VISIT THE CBHS
GRATITUDE TREE IN
FRONT OF THE
COUNSELING
DEPARTMENT TO
ADD WHAT YOU ARE
THANKFUL FOR.

