

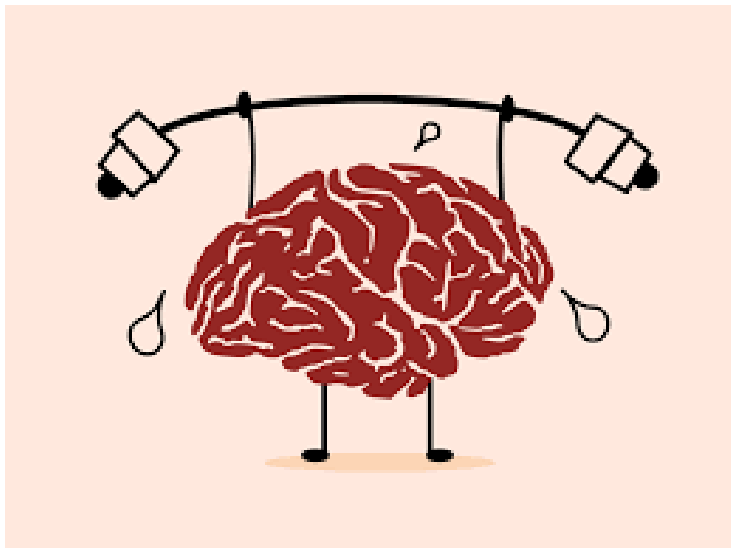
# WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

11th December 2024



Click the image above for an article on creating your own personal stress management plan. Find a helpful worksheet included at the end .



Click above for a video on how to Train Your Brain to Cope with Stress,



## Feeling Stressed

 headspace

Click above for a brief guided meditation to relieve stress.

*This Week's Affirmation:*

I can get through anything I put my mind to. Everything will be OK.

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



It's Stress Less Week!  
Click the sloth for more info.