

Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

8th of January

Mental Wellness
MONTH

Be kind to your mind.



Click the image above to learn about *mental wellness*.

Five Mental Wellness Resolutions Worth Setting in 2025

1. Practice Mindfulness
2. Embrace Gratitude
3. Volunteer / Engage in Regular Service Activities
4. Ask For Help When You Need It
5. Stop Comparing Yourself to Others

*For more information, stop by the Counseling Department

Your
Mental
Wellness
Matters



Click the image above for a brief video that offers 8 tips to improve your mental wellness.

4-7-8
CALM
BREATHING
EXERCISE

Click the image above for a breathing exercise to increase calm and mental clarity.

This Week's Affirmation:

I am responsible for my wellbeing;
I have the ability to take good care of myself, and ask for help when I need it.



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

988 SUICIDE & CRISIS
LIFELINE