WELLNESS WEDNESDAY

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.



Click the image above for a brief video on mental health.

5 STEPS TO MENTAL WELLBEING

- 1.CONNECT WITH OTHER PEOPLE.
- 2.BE PHYSICALLY ACTIVE.
- 3.LEARN NEW THINGS.
- 4. GIVE TO OTHERS.
- 5.PAY ATTENTION TO THE PRESENT MOMENT (MINDFULNESS).



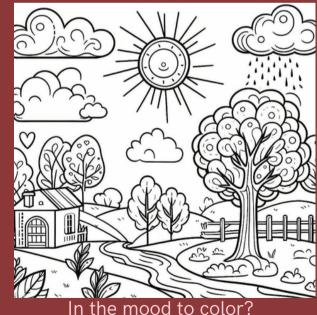
Click the image above for a brief video on the 5 Steps to Mental Wellbeing.



Click the image above for a meditation to enhance mental clarity.

THIS WEEK'S AFFIRMATION:

I am worthy of happiness and health.



Click the image above and enjoy.

988 SUICIDE & CRISIS