

WELLNESS WEDNESDAY

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.

15TH OF JANUARY



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.



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

988 SUICIDE & CRISIS
LIFELINE