

# Wellness Wednesday

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.

22ND OF JANUARY



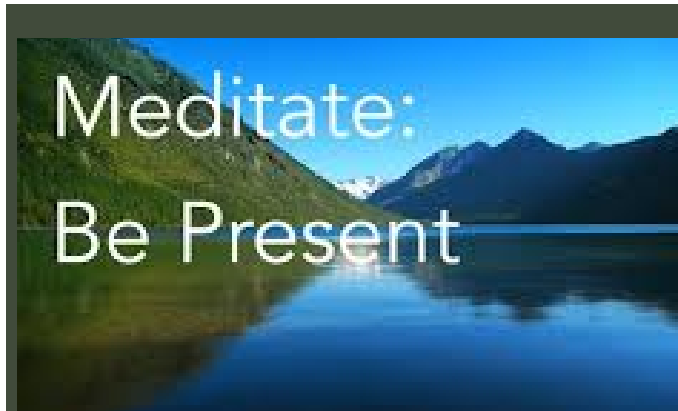
Click the image above for a brief video on mental health.

## Tips for Mental Wellness

1. Establish Emotional Balance – Acknowledge your emotions, name them, and respond thoughtfully. Practice mindfulness through yoga, breathing exercises, or meditation to stay grounded.
2. Find Your Purpose – Engage in activities that bring you joy, whether through hobbies, volunteering, or meaningful connections. Purpose can enhance both mental and physical health.
3. Prioritize Healthy Habits – Eat nutritious meals, stay active, get enough sleep, and manage stress through activities like journaling or meditation.



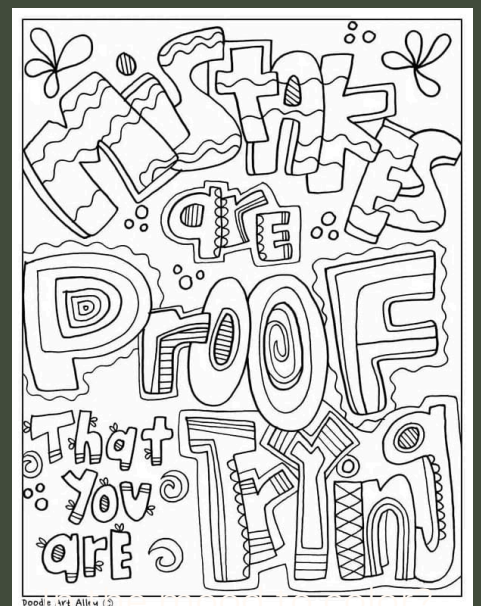
Click the image above for a short video.



Click the image above for a brief mindful meditation.

## THIS WEEK'S AFFIRMATION:

I will treat myself with compassion and grace.



Click the image above and enjoy.

**988** SUICIDE & CRISIS  
**LIFELINE**