

Wellness Wednesday

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.

29TH OF JANUARY



Click the image above to watch a video on, "10 Habits to Boost Your Emotional Wellbeing".



Click above for an article on the difference between **mental health** and **mental wellness**.



Click the image above for a short video on why talking about challenges helps mental wellness.

A Meditation to Reset

headspace

Click the image above for a brief mindful meditation.

THIS WEEK'S AFFIRMATION:

I will prioritize my mental wellness everyday and get help when I need it.



In the mood to color?

Click the image above and enjoy.

988 SUICIDE & CRISIS
LIFELINE