

# Wellness Wednesday

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.

5TH OF FEBRUARY



CLICK ABOVE FOR A BRIEF VIDEO ON THE MEANING OF **COMPASSION**.



CLICK THE IMAGE ABOVE FOR A SHORT VIDEO ON SELF-COMPASSION AND IT'S POWER.



CLICK THE IMAGE ABOVE FOR A BRIEF MEDITATION.

THIS WEEK'S AFFIRMATION:

As I focus on compassion, I naturally relate to others with love and understanding.



IN THE MOOD TO COLOR?  
CLICK THE IMAGE ABOVE AND ENJOY.

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