# Wellness Wednesday Your midweek reminder to prioritize your wellbeing

#### **5TH OF MARCH**

### TAKE CARE



## OF YOURSELF

Click above for an article on the WHAT and WHY of self-care.



Click the image above for more self-care tips.



Click the image above for a Self-care meditation.

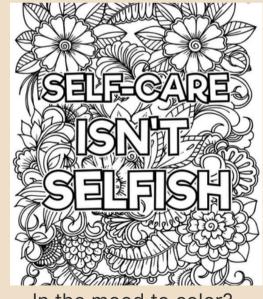
## self-care

/selfker/ noun

the practice of taking action to preserve or improve one's own health.

#### This Week's Affirmation:

Care about yourself and listen to all your needs.



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

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