

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

/,self'ker/ 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.

988 SUICIDE & CRISIS
LIFELINE