

Welcome Back to Weekly Wellness

Good Morning! 😊

This week's topic is on lifestyle changes and what you can be doing daily to set yourself up for physical and mental success. Our grounding technique involves a quick practice you can do to center yourself using your five senses.

Please click the link below for this week's video:

<https://www.wevideo.com/view/1944830638>

Thank you for joining! Stay tuned to Schoology for more Weekly Wellness on Monday.

I hope you all have a fabulous week! 😊

“For what it’s worth, it’s never too late to be whoever you want to be. I hope you live a life you are proud of, and if you find you’re not, I hope you have the strength to start over.” - F. Scott Fitzgerald

If you have any questions, concerns, comments, or would like to chat, please do not hesitate to email me at rodgerss@tesd.net or you can send me a message on Schoology!