

Welcome Back to Weekly Wellness

Happy Monday! 😊

This week's topic is providing you with resources that you can use to independently continue your wellness education and grounding practices. Our grounding technique practice is just a few fun and creative destressors that you can use to recenter yourself and calm your mind.

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

<https://www.wevideo.com/view/1953981468>

Thank you for joining! Stay tuned to Schoology for the last Weekly Wellness post on Monday.

I hope you all have a great week! 😊

*“When you can't adjust the direction of the wind,
adjust your sails.” - H. Jackson Brown, Jr.*

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!