

Welcome Back to Weekly Wellness

Rise and Shine, 'Stoga! 😊

I cannot believe this is the LAST Weekly Wellness post! With that being said, I would greatly appreciate a couple minutes of your time to fill out the final survey just to see how the program has benefited you throughout the semester.

Survey Link: https://forms.office.com/Pages/ResponsePage.aspx?id=qxqZ1-C_6EaDFd7YfRIuY0gjswQd_FRJsN7EmSalzARUQUs1M0JSOTc3TIEzRzRDWTA3U1JIOFIITi4u

In addition, here is the link to the Weekly Wellness page on the school's website for access to all the previous videos. I encourage you to utilize this resource if you missed any posts or want to revisit any topics.

Website Link: <https://www.tesd.net/Page/16705>

Thank you all so much for joining me each week! It has been an absolute pleasure to provide the mindfulness information and grounding techniques to you. I hope this has sparked your curiosity to learn more and continue your own wellness journey.

I hope you all have a wonderful week and happy holidays! 😊

“Peace is not the absence of conflict, but the ability to cope with it.” - Mahatma Gandhi

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!