

## *Welcome Back to Weekly Wellness*

Good morning! 😊

I hope you all had a wonderful weekend and are ready to have a great week at Conestoga! I am super excited to be here with you on Weekly Wellness! I truly hope you find value in the information provided in this program and find relevance for how it can be applied in your life. As I mentioned last week, it has made such a difference in my own health and wellbeing, so I am really excited to share what I've learned with all of you!

The topic this week is on what mindfulness actually is and why people practice it. Our grounding technique is a simple practice to start training our brains to being present.

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

<https://www.wevideo.com/view/1848605896>

Thank you for joining! Stay tuned to Schoology for more Weekly Wellness on Monday. I can't wait to share some interesting tidbits about how these practices will benefit your health and wellbeing!

I hope you all have a wonderful week! 😊

*“The best preparation for tomorrow is doing your best today.” - 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](mailto:rodgerss@tesd.net) or you can send me a message on Schoology!**