

Welcome Back to Weekly Wellness

Rise and Shine, Stoga! 😊

The topic this week continues the conversation about the benefits of regular mindfulness practice. Our grounding technique provides quick and easy ways to discreetly bring yourself back to the present moment.

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

<https://www.wevideo.com/view/1864930003>

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

I hope you all have a fabulous week!

“Learn to control your emotions or they will use you.”

- Unknown

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!