

## *Welcome Back to Weekly Wellness*

Happy Monday! 😊

The topic this week is on understanding the science behind mindfulness and how our brains can physically benefit from regular practice. Our grounding technique is on breathing and how it can calm the mind and body.

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

<https://www.wevideo.com/view/1875949340>

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

I hope you all have a fantastic week! 😊

“The best way to take care of the future is to take care of the present moment.” - Thich Nhat Hanh

**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!**