

Welcome Back to Weekly Wellness

Top o' the mornin'! 😊

The topic this week is on understanding the science behind why and how our minds react to stress. Our grounding technique practice is based on what we can do proactively to help alleviate unnecessary daily stressors and work to achieving peace of mind.

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

<https://www.wevideo.com/view/1897942684>

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

I hope you all have a wonderful week! 😊

“Mindfulness is a pause - the space between stimulus and response. that's where choice lies.” - Tara Brach

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!