

## *Welcome Back to Weekly Wellness*

Happy Monday! 😊

The topic this week is on identifying what is in our control and letting go of everything else. Our grounding technique practice is working through the steps that will train our brains to recognizing what part of a situation is in our control and letting go of everything else that is not in our control.

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

<https://www.wevideo.com/view/1912435099>

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

I hope you all have a fantastic week! 😊

*“If it’s out of your hands, it deserves freedom from  
your mind too.” - Ivan Nuru*

**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!**