

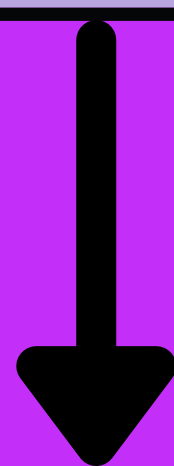


SUMMER WELLNESS

How can we practice wellness during the summer?

Let's talk about it.

We've learned about the different pillars of wellness and what they consist of. Now let's see how we can continue to practice wellness habits during the summer months!



Physical Wellness:
Remember to stay hydrated this summer especially with spending more time outdoors. Choose water or fresh fruit over fruit juice!



Social Wellness:
Continue to spend time with friends while discussing thoughts, feelings and new ideas.



Environmental Wellness:
Take the time to learn about services offered in your community and how you can volunteer your time.



Emotional wellness:

Take the time to appreciate what you have and what you're thankful for. Have a positive mindset and surround yourself with positive people.



Intellectual Wellness:

Continue to work your brain during the summer. Challenge yourself, switch up your routine or start a new hobby.

enjoy every moment.

Spiritual wellness:

Be present and in the moment - enjoy what is right in front of you. Stay focused and practice mindfulness.



HAVE A GREAT SUMMER!

