



BIRMINGHAM COMMUNITY CHARTER HIGH SCHOOL

EAT WELL

Our bodies need to function properly, take the best care of them possible



REFRESH

Take mini breaks throughout the day



REST

Find pockets of time to practice an activity that promotes RELAXATION



SELF-CARE

THE ART OF PAYING ATTENTION TO YOU AND YOUR NEEDS

FEED YOUR SPIRITUAL SELF

The benefits to meditation are endless! Practice deep breathing or grounding techniques



WIND DOWN

Engage in calming activities to decompress after work or school



SOCIAL

Spend quality time with special people or talk about what's on your mind



KNOW YOURSELF

Do more of what brings you joy. Enjoy a hobby!



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