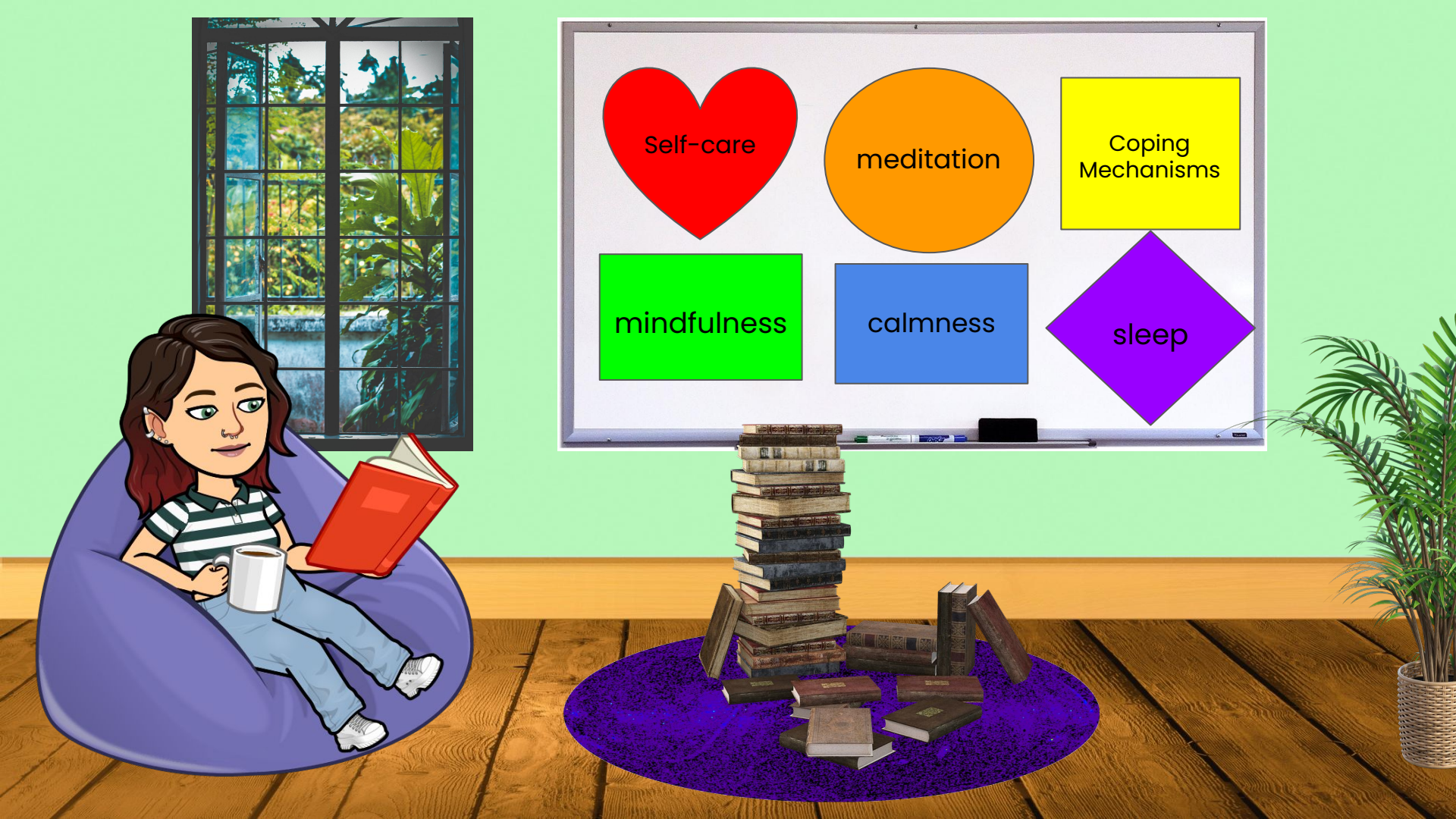
and breathe
The Wildcat Wellness Corner


Self-care
meditation
Coping Mechanisms
mindfulness
calmness
sleep