

June 2023

WELLKESS REWSLETTER Brought to you by Lindsey's Wellness Center

Summer Self-care

Self-care is about meeting your basic needs so you can be physically and mentally healthy. When we feel stressed, overwhelmed or burnt out, we can start to neglect the basics of looking after ourselves.



https://www.snhu.edu/about-us/newsroom/health/what-is-self-care

Upcoming Events for Students

6/5- Impacts of social media on mental health Presentation (Lunch) Peeler beads making (after school) 6/7- Building Boundaries Presentation creative crafts (after school) 6/12- Self Care Group- Turn in your quiz to enter the raffle to win a prize. 6/14- Wellness Wednesday-stop by the W.C and enjoy light refreshments and snacks.



Contact: Ms. D Martinez ROOM B23 Referral to Wellness Center: https://forms.gle/GnqaZe jp EFem36L49

Why is self-care important?



Our nutrition, movement, and sleep health all effect on our brain and mental health. This is why it's so important to "self-care," especially if you are starting to struggle with your mental health.

What is your tavorite selt-care activity?

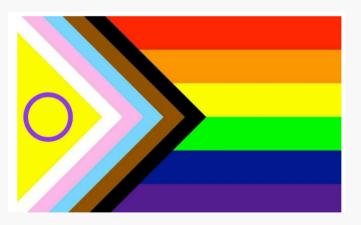


What is Pride Month?

 Pride month is an opportunity to celebrate the LGBTQIA+ community and recognize its history.



Come visit the Wellness Center to learn more about resources and support! We are open to everyone!



How can you support the LGBTQIA+ Community?

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Answer: All of the above