

# WELLNESS NEWSLETTER

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.**



### SELF-CARE CHECKLIST

- ☐ Good sleep 
- ☐ Meditate 
- ☐ Exercise 
- ☐ Read book 
- ☐ Eat healthy 
- ☐ Drink more water 

<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.

## 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.

## Need Support?

Contact: Ms. D Martinez

ROOM B23

Referral to Wellness Center:

<https://forms.gle/GnqaZe>

jp EFem36L49

*What is your favorite self-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?*



---



---



---



---



---

Answer: All of the above