A picture containing icon

Description automatically generatedLogo

Description automatically generated with medium confidenceShape, circle

Description automatically generatedShape, circle

Description automatically generatedA planet in space

Description automatically generated with low confidenceA white and black clock

Description automatically generated with low confidenceA white and black clock

Description automatically generated with low confidenceA white and black clock

Description automatically generated with low confidenceShape, circle

Description automatically generatedIcon

Description automatically generated with medium confidenceIcon

Description automatically generated with medium confidenceIcon

Description automatically generatedIcon

Description automatically generatedA picture containing plant

Description automatically generatedChart

Description automatically generated with low confidenceA picture containing icon

Description automatically generatedCircle

Description automatically generatedA picture containing honeycomb, dome, soccer

Description automatically generatedA picture containing doll

Description automatically generatedA picture containing text

Description automatically generatedLogo

Description automatically generated with medium confidence

**Connecting with people and loved ones.**

**Sleep.**

**Connecting with nature.**

**Exercise.**

**Growth mindset.**

**Structure and routine.**

**Healthy food and water.**

**Exploring and developing personal interests.**

*Finding small positives.*

**Thankfulness and Gratitude.**

**Kindness and helping others.**

Healthy Minds

**Understanding and identifying feelings.**

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