



WELLNESS WEDNESDAYS FOR STUDENTS

SEPTEMBER 4, 2024

SELF CARE

1. **What is Self-Care**
positivepsychology.com/self-care-worksheets/
2. **Self-Care Video**
browardschools.com/Page/64174
3. **Soft Belly Breathing** with *Cathy Whitt*, Community Wellness Specialist with Holy Cross Health
youtube.com/watch?v=1_FHatvrclY&list=PLIMVEPKPa--adW6xt_KwToDP6ILWIL541&index=6

OCTOBER 2, 2024

COPING STRATEGIES

1. **Tips on How to Relieve Stress**
helpguide.org/articles/stress/stress-management.htm
2. **Coloring book to Promot Calmnes**
umassmed.edu/globalassets/psychiatry/wellness/documents/cmh_colourpages_eng_sep_2016.pdf
3. **Student Video**
browardschools.com/Page/64174
4. **Science of Movement** with *Cathy Whitt*, Community Wellness Specialist with Holy Cross Health
youtube.com/watch?v=eKSajCgWYos&list=PLIMVEPKPa--adW6xt_KwToDP6ILWIL541&index=9

NOVEMBER 6, 2024

MANAGING ANXIETY

1. **Managing Anxiety**
adaa.org/
2. **Student Video on Managing Anxiety**
browardschools.com/Page/64174
3. **Chair Yoga** with *Cathy Whitt*, Community Specialist with Holy Cross Health
youtube.com/watch?v=OoUrXGzzVD8

FEBRUARY 5, 2025

REFRESH & UNPLUG

1. **Letting Go of Tension**
umassmed.edu/globalassets/psychiatry/wellness/documents/letting-go-of-tension.pdf
2. **Digital Detox Student Video**
browardschools.com/Page/64174

MARCH 5, 2025

MINDFULNESS

1. **Five Minjute Meditation You Can Do Anywhere**
 In just 5 minutes you can reset your day in a positive way. Special thanks to John Davisi for lending us his incredibly soothing voice.
youtube.com/watch?v=inpok4MKVLM
2. **Free Guided Meditations - Free Mindfulness Apps**
umassmed.edu/psychiatry/education/mindfulphysician/leadershipprogram/free-mindfulness-apps/
3. **Mindful Moments with Cathy Whitt, Community Wellness Specialist with Holy Cross Health**
youtube.com/watch?v=iT8OzPqmLZo

MAY 7, 2025

PRACTICING GRATITUDE



1. **Student Video on Practicing Gratitude**
browardschools.com/Page/64174
2. **Guided Imagery**
umassmed.edu/globalassets/psychiatry/wellness/documents/imagery.pdf/
3. **Gratitude Journal**
umassmed.edu/psychiatry/resources/wellness/stress_management/stress_handouts/

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