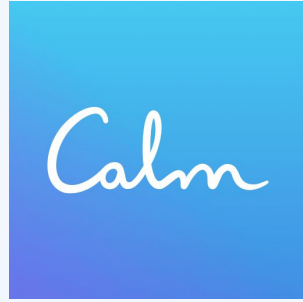


Daily Wellness

30 Healthy Coping Skills for Teens



Find Your Calm



50 Ways to Start Practicing Self-Care



A Personal Plan for Managing Stress



5 Minute Meditation



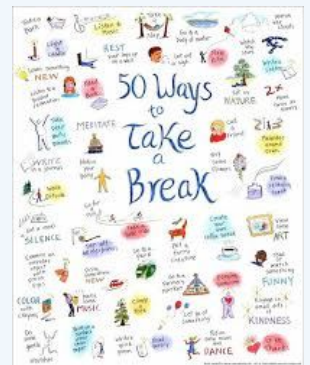
5 Benefits of Gratitude



Teen's Health



50 Ways to take a Break



Deep Breathing Exercises



Gratitude Practice

