Wellness Bundle Overview

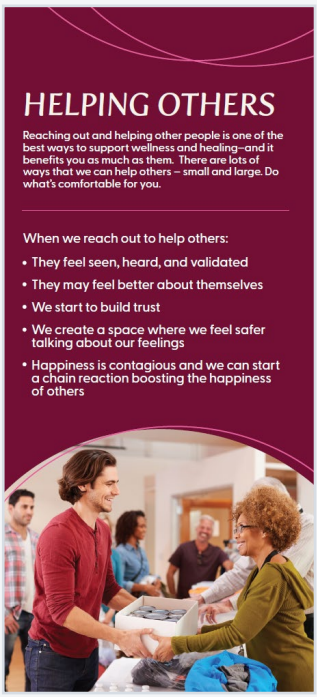
Resiliency Tips Leaflet

Checking In Leaflet

Breathing Strategies Leaflet

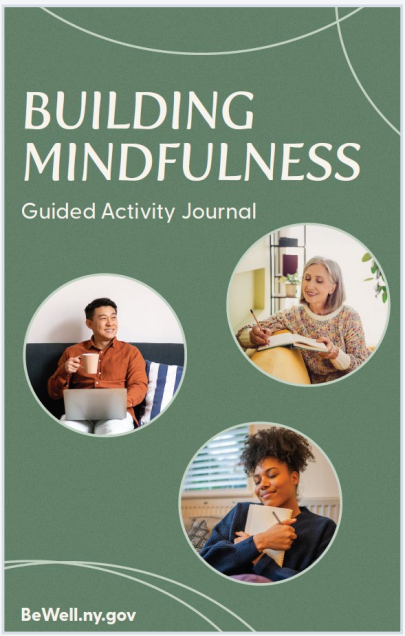
Community Bookmark

Breath Body Mind Card

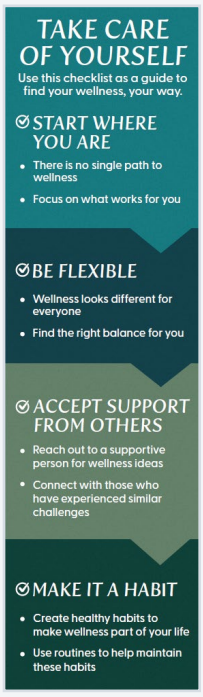


Helping Others Leaflet

Improving Your Sleep Infographic



Building Mindfulness Journal



Take Care of Yourself Bookmark

Wellness Bundle

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Resiliency Tips Leaflet

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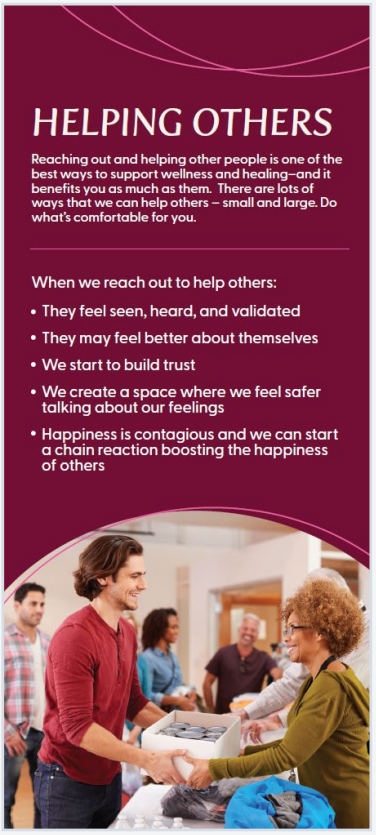

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Breath-Body-Mind Card

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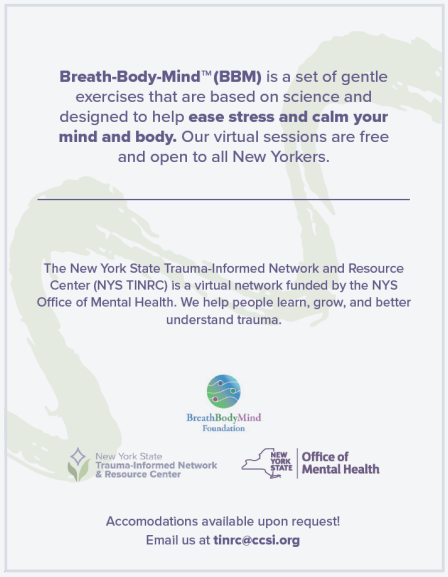

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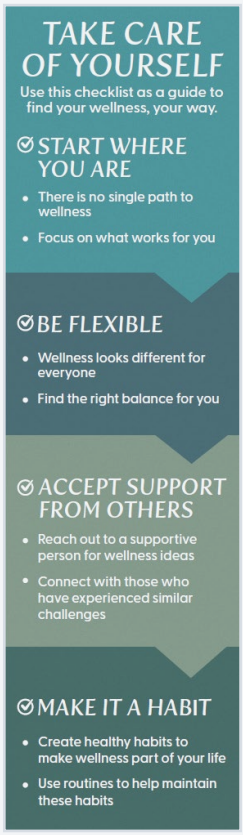

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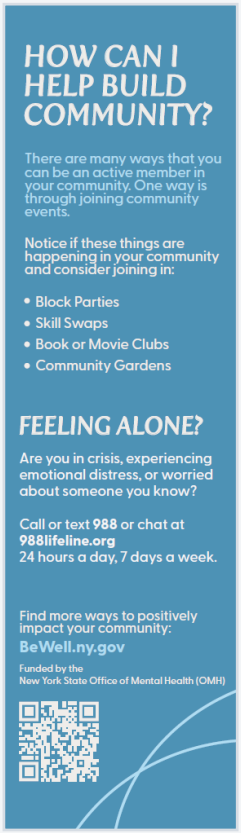

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Breathing Strategies Leaflet

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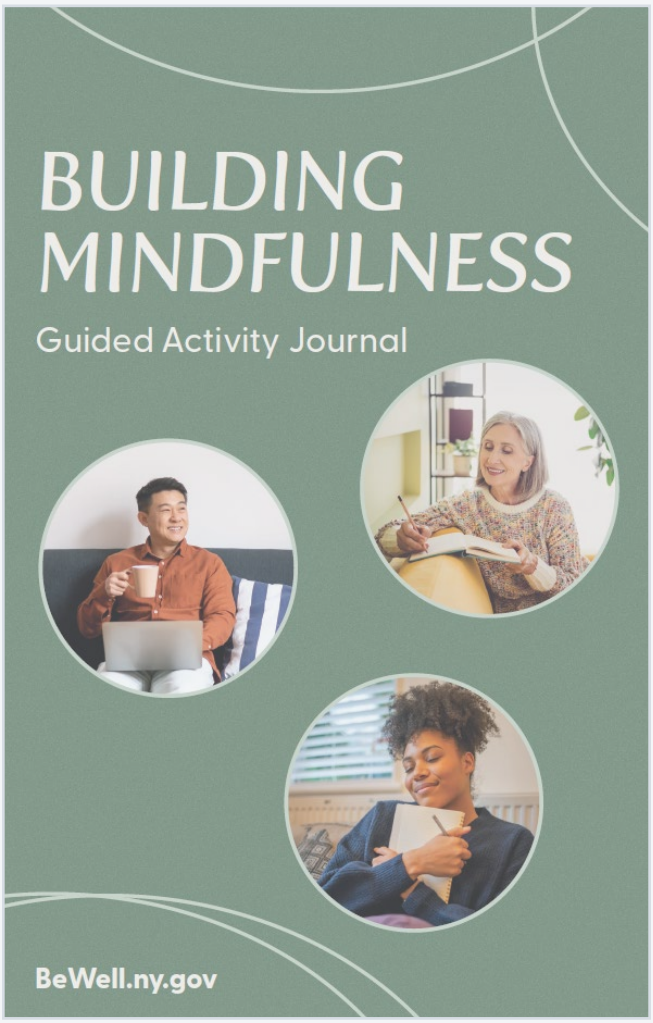

Mindfulness Journal

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