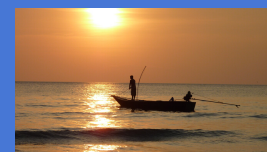


SUMMER VIBES
2020

Wellness Ideas for Families



Do
something
that brings
you JOY



Reduce alcohol
and
substances

There's a time to laugh
There's a time to cry
Allow both

WELLNESS IS
Mental + Physical
+ Emotional +
Social + Spiritual

Commit to
moving
your body
for at least
30 minutes
every day

Eat 1 extra
serving of fruit
and
vegetables today

Go to bed 1
hour earlier
tonight

Start a gratitude journal

Go to church or join a
group

enjoy
every
moment.

Practice
DEEP
breathing for 5
minutes

Meditate

Connect with
someone you trust



Brought to you by the TTYL Team: West
central SK wellness program for youth