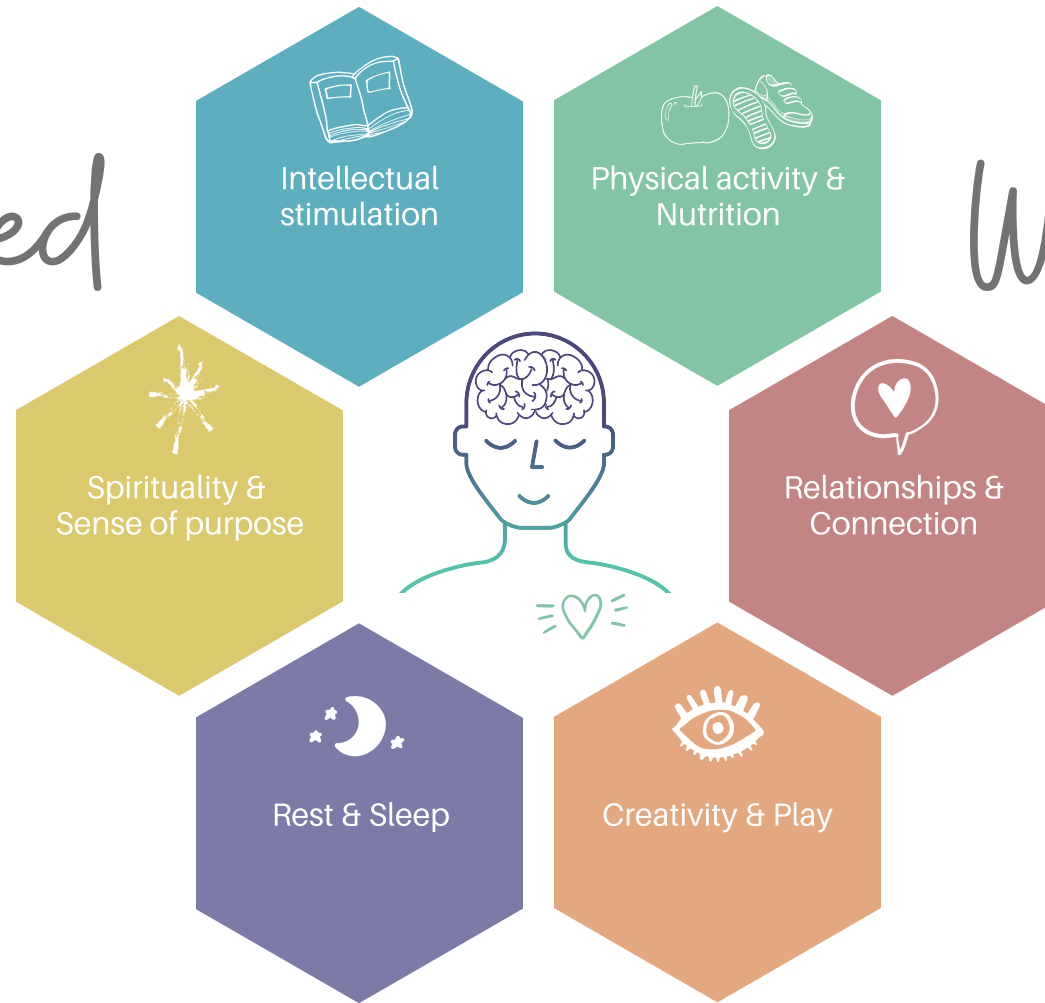


Balanced



Wellness

Grief, COVID-19, other life changes ... We've had a lot thrown our way lately! Finding a core set of coping skills to help us through the tough times creates a wonderful foundation for our overall wellness, but what happens when those things start feeling like old news? Maybe they feel less effective, or you just don't look forward to practicing them like you used to ...

You are not alone in experiencing these speed bumps! It can be a good idea to take a step back and see what you've been attending to and what may still be lacking and may need some work. Balanced wellness is not always easy, but what better time to work on loving ourselves than during emotional struggle? Take some time to make notes next to each section of ways you can embrace these different wellness facets going forward!