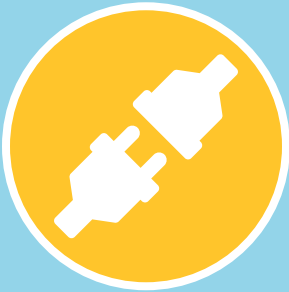


WELLNESS CHECK-IN:

Mindfulness

Feeling overwhelmed? Try practicing the following self-care tips to make each day more manageable, productive, and self-nourishing:



Take time each day to unplug.



Stick to a consistent sleep schedule.
And be sure to get in those 8 hours!



Breathe. Believe it or not, taking a slow, deep breath can help reduce feelings of stress and anxiety.

Don't forget: Pace's **Just in Case App** is also a great resource for connecting you with many support services you might need, including important mental health information. You're not alone. We're here to help!