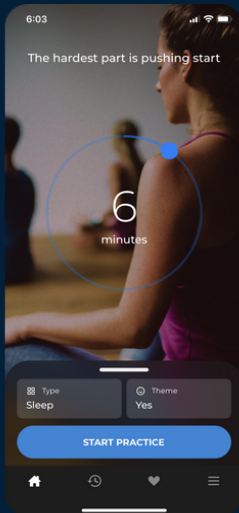


# Wellness Resource

## Meditation | Down Dog

Completely FREE until  
June 1st, 2022  
for students & teachers  
(K-12 & college)!

Use your .org email  
address for access.



## Meditation

Take a mindful moment to breathe and reflect, with Down Dog's calming meditation app.

**START**



Download on the  
**App Store**



GET IT ON  
**Google Play**

# 5 Chair Yoga Poses

9 nose inhales + nose exhales per pose on each side  
1 nose inhale + mouth exhale to finish



1. Cat-Cow



2. Side Twist



3. Pigeon



4. Mountain



5. Ear-to-Shoulder

COUNSELING

# STAFF MENU

IDEAS ON COFFEES, TEAS, AND MEALS

## NEARBY COFFEE SHOPS



### HEALTHY RC

THE CASA (COCINANDO, AMIGOS, SALUDABLES Y ALEGRES) PROGRAM OFFERS FREE HEALTHY COOKING CLASSES TO BOTH YOUTH & ADULTS.

**FOR THESE MEALS & MORE, CLICK ON THE WRAPS OR [HERE](#).**

**QUINOA AND ROASTED ZUCCHINI SALAD**

**CREAM OF TOMATO SOUP**

**COCONUT WALNUT DATE BITES**

**LEMON LINGUINE ZUCCHINI**

**ORZO PASTA & CHIPOTLE CHICKEN WRAP**

**CRANBERRY ORANGE NUT COOKIES**



## TEAS FOR SOOTHING ANXIETY

FOR INSTRUCTIONS ON HOW TO BREW, VISIT [WELL + GOOD](#). CLICK ON THE TEA OR [HERE](#).

**CHAMOMILE**

**GREEN**

**PASSIONFLOWER**

**LEMON BALM**

**ROSE**

**PEPPERMINT**

**VALERIAN ROOT**

**LAVENDAR**

# MARCH WELLNESS CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1 Exercise	2 Hug a pet or stuffed animal	3 Squeeze a stress ball	4 Laugh	5 Sleep at least 8 hours
6 Journal	7 Gratitude list	8 Walk slowly	9 Listen to music	10 Eat a healthy snack	11 Talk to a friend	12 Take a break from social media
13 Mindfulness activity	14 Write/Say affirmations	15 10 deep breaths	16 Practice positive thinking	17 DIY Project for you or someone else	18 Write a letter to yourself	19 Arts & Crafts
20 Clean your space	21 Spring Break Begins! Rest!	22 Self-Care	23 Do a hobby	24 Take a walk	25 Enjoy your favorite food	26 Connect with others
27 Write out your weekly schedule	28 Drink 8 glasses of water	29 Alone time	30 Stretch	31 Treat Your Self! You did it!	1	2