



## WELLNESS WEDNESDAYS FOR STUDENTS

### SEPTEMBER 4, 2024

#### SELF CARE

1. **What is Self-Care**  
[positivepsychology.com/self-care-worksheets/](https://positivepsychology.com/self-care-worksheets/)
2. **Self-Care Video**  
[browardschools.com/Page/64174](https://browardschools.com/Page/64174)
3. **Soft Belly Breathing** with *Cathy Whitt*, Community Wellness Specialist with Holy Cross Health  
[youtube.com/watch?v=1\\_FHatvrclY&list=PLIMVEPKPa--adW6xt\\_KwToDP6ILWIL541&index=6](https://youtube.com/watch?v=1_FHatvrclY&list=PLIMVEPKPa--adW6xt_KwToDP6ILWIL541&index=6)

### OCTOBER 2, 2024

#### COPING STRATEGIES

1. **Tips on How to Relieve Stress**  
[helpguide.org/articles/stress/stress-management.htm](https://helpguide.org/articles/stress/stress-management.htm)
2. **Coloring book to Promote Calmness**  
[umassmed.edu/globalassets/psychiatry/wellness/documents/cmh\\_colourpages\\_eng\\_sep\\_2016.pdf](https://umassmed.edu/globalassets/psychiatry/wellness/documents/cmh_colourpages_eng_sep_2016.pdf)
3. **Student Video**  
[browardschools.com/Page/64174](https://browardschools.com/Page/64174)
4. **Science of Movement** with *Cathy Whitt*, Community Wellness Specialist with Holy Cross Health  
[youtube.com/watch?v=eKSajCgWYos&list=PLIMVEPKPa--adW6xt\\_KwToDP6ILWIL541&index=9](https://youtube.com/watch?v=eKSajCgWYos&list=PLIMVEPKPa--adW6xt_KwToDP6ILWIL541&index=9)

### NOVEMBER 6, 2024

#### MANAGING ANXIETY

1. **Managing Anxiety**  
[adaa.org/](https://adaa.org/)
2. **Student Video on Managing Anxiety**  
[browardschools.com/Page/64174](https://browardschools.com/Page/64174)
3. **Chair Yoga** with *Cathy Whitt*, Community Specialist with Holy Cross Health  
[youtube.com/watch?v=OoUrXGzzVD8](https://youtube.com/watch?v=OoUrXGzzVD8)

### FEBRUARY 5, 2025

#### REFRESH & UNPLUG

1. **Letting Go of Tension**  
[umassmed.edu/globalassets/psychiatry/wellness/documents/letting-go-of-tension.pdf](https://umassmed.edu/globalassets/psychiatry/wellness/documents/letting-go-of-tension.pdf)
2. **Digital Detox Student Video**  
[browardschools.com/Page/64174](https://browardschools.com/Page/64174)

### MARCH 5, 2025

#### MINDFULNESS

1. **Five Minute Meditation You Can Do Anywhere**  
In just 5 minutes you can reset your day in a positive way. Special thanks to John Davisi for lending us his incredibly soothing voice.  
[youtube.com/watch?v=inpok4MKVLM](https://youtube.com/watch?v=inpok4MKVLM)
2. **Free Guided Meditations - Free Mindfulness Apps**  
[umassmed.edu/psychiatry/education/mindfulphysician/leadershipprogram/free-mindfulness-apps/](https://umassmed.edu/psychiatry/education/mindfulphysician/leadershipprogram/free-mindfulness-apps/)
3. **Mindful Moments with Cathy Whitt**, Community Wellness Specialist with Holy Cross Health  
[youtube.com/watch?v=iT8OzPqmLZo](https://youtube.com/watch?v=iT8OzPqmLZo)

### MAY 7, 2025

#### PRACTICING GRATITUDE



1. **Student Video on Practicing Gratitude**  
[browardschools.com/Page/64174](https://browardschools.com/Page/64174)
2. **Guided Imagery**  
[umassmed.edu/globalassets/psychiatry/wellness/documents/imagery.pdf/](https://umassmed.edu/globalassets/psychiatry/wellness/documents/imagery.pdf/)
3. **Gratitude Journal**  
[umassmed.edu/psychiatry/resources/wellness/stress\\_management/stress\\_handouts/](https://umassmed.edu/psychiatry/resources/wellness/stress_management/stress_handouts/)

Coordinated by Ms. Rockensies, SSW



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**Holy Cross**  
**Health**