

Stressed Out! Now what?

What about a pandemic???



What do you think most teens are stressed about?

https://padlet.com/michele_regan/yddspcm8ojetyhcr



"The habits you created to survive will no longer serve you when it's time to thrive! Get out of survival mode. New habits. New life!"

ALMOST EVERYTHING WILL
WORK AGAIN IF YOU

UNPLUG IT

FOR A FEW MINUTES,
INCLUDING YOU!

- Anne Lammott

Connect to
Thrive

Where's your
community?

IRL

Who's got
your back?

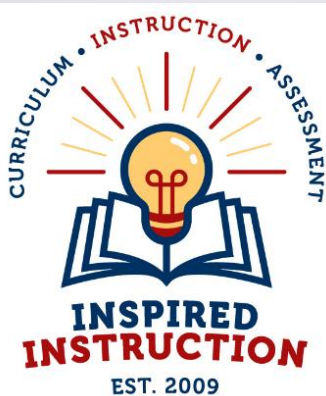
Be Your
Own BFF

Use your SUPERpowers to Thrive



- ★ **S**ay how you feel!
- ★ **U**nderstand you have a choice!
- ★ **P**ick the positive!
- ★ **E**ngage in empathy!
- ★ **R**each for resilience!

Try It!



What to Book this Workshop?
Contact Us Today!

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