



# Wellness Check

## Drink Water

  
  


## Ways I was Patient:

---

---

---

## Eat Fruit



## Create



## Activities



## Be Still

Meditate, journal and find ways to rest both physically and mentally

## I'm Thankful for:

---

---

---

---

---

---

---

---

## Boundaries I Set:

---

---

---

---

---

---

---

---

## Get Moving



## Eat Healthy

  
  




# Lista de Bienestar

## Tomar Agua

  
  


## Maneras en que fui paciente:

---

---

---

## Comer fruta



## Hacer Arte



## Actividades



## Estate quieto

Medite, escriba un diario y encuentre formas de descansar tanto mental como físicamente.

## Estoy agradecida por:

---

---

---

---

---

---

---

---

## Límites que establezco:

---

---

---

---

---

---

---

---

## Ejercicio



## Comer Bien

  
  


OXNARD PERFORMING ARTS CENTER NON-PROFIT



VENTURA COUNTY BEHAVIORAL HEALTH