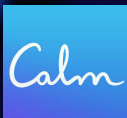




Self-Care & Wellness Apps.



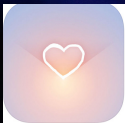
Calm



Breathe2relax



Dream EZ



#selfcare



Shine



Mindshift

Self-Care as a daily practice will help to prevent burnout, stress, anxiety and depression.



Ms. Somnath
Student Assistance Counselor
Hebron HS and Hebron 9