



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

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ENERGY CHECK

Find Your Balance

Spring break is here, and it's the perfect time to check in with yourself.

Where is your energy going?
What's helping you feel good... and what's draining you?

Balance doesn't mean doing everything perfectly. It means making small choices that support your well-being.



REMINDERS

YOUR ENERGY IS VALUABLE.
WHERE YOU INVEST IT MATTERS.
TAKE CARE OF YOURSELF—YOU DESERVE IT.



Free Resources

NO SUBSCRIPTION NEEDED

- **How We Feel** – A simple app that helps you track your emotions and understand how you're feeling, with tools to manage stress in the moment.
- **Soluna** – A free app for teens (13–25) in California offering 1:1 coaching, journaling, and peer support. No cost and completely confidential.
- **Insight Timer** – A free app with guided meditations, relaxing music, and sleep tools to help you manage stress and improve focus.
- **Finch** – A fun, interactive self-care app where you take care of a virtual pet while building healthy habits and daily routines.

YOU deserve BREAK

