



ÉCOLE PANORAMA RIDGE SECONDARY

Wellness Wednesday Videos

PHYSICAL WELLNESS FOCUS:

[Body Scan](#)

[Connections – Emotions, Thoughts, Behaviour](#)

SELF CARE FOCUS:

[Positive Affirmations](#)

[Reducing Stress](#)

[Sleep](#)

[The Importance of Self Care](#)

[The Stories We Tell Ourselves](#)

ORGANIZATION FOCUS:

[To-Do Lists](#)

[Plan Ahead and Stay Organized](#)

RELAXATION FOCUS:

[How Full is Your Bucket?](#)

[Test Anxiety](#)

[Stretch and Relax](#)

[Mindshift App](#)

GRATITUDE FOCUS:

[Being Grateful for You](#)

[Success and Gratitude](#)

[The Science of Happiness](#)