

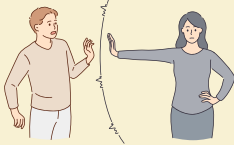


WELLNESS RESOURCES



SET & HONOR HEALTHY BOUNDARIES:

PHYSICAL
EMOTIONAL
MATERIAL
INTELLECTUAL
TIME & ENERGY



[HTTPS://PSYCHCENTRAL.COM/
LIB/10-WAY-TO-BUILD-AND-
PRESERVE-BETTER-
BOUNDARIES](https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries)

TO AVOID DRAMA IN YOUR RELATIONSHIPS:

- BE IMPECCABLE WITH YOUR WORD
- DON'T TAKE ANYTHING PERSONALLY
- DON'T MAKE ASSUMPTIONS
- ALWAYS DO YOUR BEST



**HEADSPACE APP
FREE FOR TEACHERS!**
GUIDED MEDITATIONS
HIGH-FREQUENCY MUSIC
CALM STORIES FOR SLEEP

ALIGNMENT BASICS:

LET GO OF PEOPLE PLEASING
BE YOUR AUTHENTIC SELF
DO NOT IGNORE YOUR NEEDS
BE HONEST WITH YOURSELF
MAKE DECISIONS THAT MAKE YOU FEEL
GOOD



** FOLLOW YOUR INTUITION

APPLE PODCAST:
"LIVING IN ALIGNMENT" @ GHADA B KHALIFEH

EMDR THERAPY IS ONE OF
THE FASTEST & MOST
EFFECTIVE THERAPIES FOR
TRAUMA & PTSD!!



**THAIS GIBSON'S PERSONAL DEVELOPMENT
SCHOOL (ONLINE & SPECIALIZING IN
ATTACHMENT THERAPY)
SEE YOUTUBE FOR HER QUICK LESSONS!**

[HTTPS://UNIVERSITY.PERSONALDEVELOPMENTSCHOOL.COM/](https://university.personaldevelopmentschool.com/)