



LIVE YOUR WHY

Afterschool Edition



Listen to a guided visualization meditation to help relieve stress.

Scan this:



youtube.com/watch?v=lgSbF_xHgLU



Guided Meditation and Visualization for Stress Relief: A Forest Walk



What other places and things can you visualize to help you relax when you are feeling stressed?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy