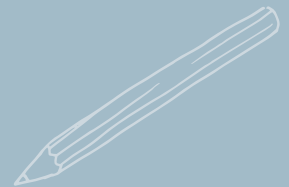# Wellbeing Toolkit

How do I know when I'm stressed?

Things that I can do to support my mental wellbeing:

every week:

when I'm stressed:

student minds