

# BSD Wellness & Resilience Group

SPONSORED BY THE MENTAL HEALTH ASSISTANCE TEAM ( MHAT)

JOIN US ON TEAMS MON 12-1PM 4/26, 5/3, 5/10, 5/17 & 5/24

## *Build Your Resilience Tool Kit to:*

- Increase your focus & awareness
  - Manage strong emotions
- Cope with stress and adversity
- Cultivate positive emotions
- Build and maintain healthy relationships

BSD HIGH SCHOOL STUDENTS PLEASE COMPLETE [THIS FORM](#) IF INTERESTED  
AND WE WILL SEND YOU THE TEAMS OUTLOOK INVITES.

QUESTIONS? REACH OUT TO THE TEACHING TEAM:

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