

Mental Health Awareness Month

Physical Health day

Dr. Laurie Santos 5 favorite coping Tips: <https://www.youtube.com/watch?v=kCQim9VrnDY>

How the food Affects your Brain: <https://www.youtube.com/watch?v=xyQY8a-ng6g>

Mental Health Day

Stress Management Strategies: Ways to Unwind: <https://www.youtube.com/watch?v=0fL-pn80s-c>
<https://www.youtube.com/watch?v=0fL-pn80s-c>

3-Minute Mindful Breathing Exercise: <https://www.youtube.com/watch?v=2Bbn18q6Ut0>

How Stress Affects your Body: <https://www.youtube.com/watch?v=v-t1Z5-oPtU>

Emotional Health Day

Know your worth and Where you Belong: <https://www.youtube.com/watch?v=TfOE5ykj7EQ>

Affirmation mediation: <https://www.youtube.com/watch?v=qANaxInPFh0>

Loving Kindness Mediation: <https://www.youtube.com/watch?v=d77XxkgnMc0>

Social Health Day

7 Ways to Be Happier by Laurie Santos: <https://www.youtube.com/watch?v=e9UVAafNvm4>

The Power of Vulnerability Brene Brown: <https://www.youtube.com/watch?v=X4Qm9cGRub0&t=331s>

The Power and Science of Social Connection: <https://www.youtube.com/watch?v=WZvUppaDfNs>

*Note that the views expressed in the following videos are those of the content creators and should not be viewed as an endorsement or medical advice from AARA.