



Reflect and discuss

Finding your path to balance



You know yourself better than anyone else does.
You are the expert on your own health.

Since you're in charge, you might want to explore some of the ways other people manage their health and wellness.

Here are two examples of practices that youth who contributed to making this course use to find balance and maintain their health and wellness, focusing on mindfulness and spirituality.

Reflect and discuss

Consider the messages and suggestions in the short videos made by our team.

- How do you feel after watching the videos?
- Do you know of any other practices or cultural traditions that promote balance and health?