

Mental Health Moment

PVNCDSB is pleased to introduce our 2017-2020 Mind•Body•Spirit: Be Well Strategy for Mental Health and Well-Being.

Here are a few stress strategies to refresh your mind:

- Express gratitude daily
- Practice optimism
- Take time to restore
- Talk it out
- Ask for help
- Repeat for life!

Learn more at:

pvn.cc/bewell

