



*St. George's College
Guidance Department*

Presents:

THE WELLNESS TRAIL

A WEEKLY SELF CARE SERIES DESIGNED FOR STAFF MEMBERS; WHERE WE WILL SHARE SHORT TIPS AND TRICKS TO AID YOUR MENTAL HEALTH AS YOU TAKE ON EACH WEEK.

STARTING: MARCH 15, 2021

#STAYSTRONG
#WEGOTTHIS



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THIS WEEKS FOCUS:

SETTING AND MAINTAINING
BOUNDARIES.

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Setting and Maintaining Boundaries

Dealing with changes to routines and schedules can be challenging. Working from home can blur the lines of when the workday starts and ends. Determine a schedule that takes into account a start time and an end time, your self-care practices, and breaks.

Quote for the week

As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep. – Akiroq Brost

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