

## WE Well-being Playbook

 Online/Printable Activity

**Audience(s):** School Staff and Parents

**Hyperlink:** [WE Well-being Playbook COVID-19 edition](#)

### Description

A hands-on guide filled with everyday tools, actions and tactics to nurture your own mental well-being and the well-being of others. The WE Well-being Playbook is built on 10 pillars of wellness. Read the whole book or choose the pillars that resonate with you most. This resource is free and downloadable. Furthermore, all of the actions fit within social distancing guidelines.

### Objective(s)

As a new reality unfolds with social distancing and our heightened focus on our own health and the health of our loved ones, taking simple actions to support our own mental well-being and the mental well-being of others is more important than ever.

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*