

# YOUTH MENTAL WELLNESS PRACTICE

A 30-Day Mental Wellness Practice  
Extension Pack



**CHECK OUT NEW FREE DAILY RESOURCES TO HELP  
BOOST YOUR MENTAL HEALTH AND GET SUPPORT  
WHEN YOU NEED IT**

Use these tools to build a foundation for mental strength and balance—consistency, not intensity, is what makes the difference!

Visit [bit.ly/BHS\\_MWC](https://bit.ly/BHS_MWC) to view the practice materials and get more information.

