

AHS Wellness Days

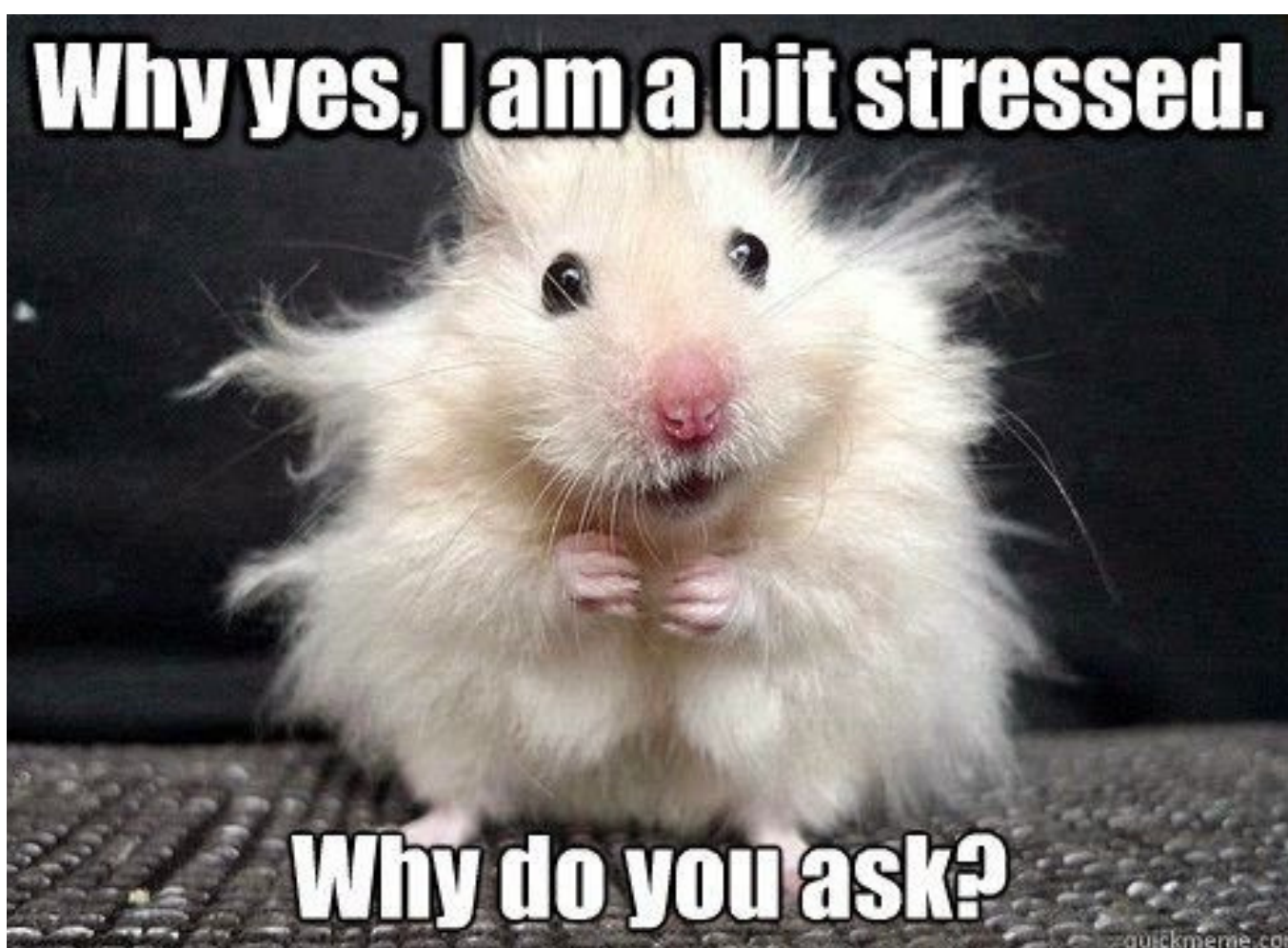
Thursdays during Advisory
Room C122



September 22, 2022

Coping With Change

Learn how to adapt and navigate challenges to have a successful school year.



October 20, 2022

Stress Management

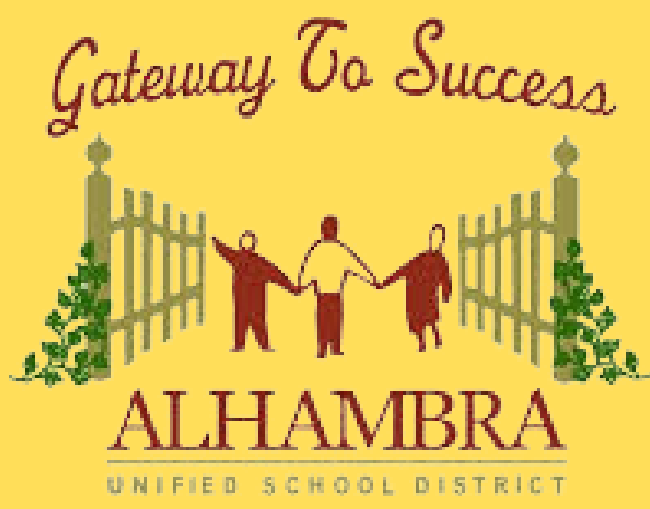
Gain tools and strategies to decrease stress and increase self-growth. Identify your strengths and increase confidence!



December 8, 2022

Self Care

Press pause and learn tips to help build and care for the best version of YOU! Optimize your physical and mental health.



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January 26, 2023

Building Motivation

Need help achieving your goals?
Create strategies to accomplish them successfully.



February 23, 2023

Healthy Relationships

Set healthy boundaries and build trusting relationships at home, school and with friends.



March 23, 2023

Social Media

Hooked on social media?
The good, the bad, and the ugly: tips to wise posting and use of time in the world of social media.