



## Survive and Thrive

Community Resource Program Weekly Bulletin – Issue 1

### 5 Tips for Creating a Sense of Wellbeing

1. Be Aware of Your Emotions
2. Keep Your Life in Balance (Self-Care)
3. Do Something You Enjoy Often....  
And Don't Worry If Others Think It's Weird!
4. Take Time to Relax
5. Nourish Your Social Circle

<http://achieveyourbestlife.com/2017/04/09/5-tips-for-creating-a-sense-of-wellbeing/>



### Joke Corner

1. What do you call a dinosaur that is sleeping?  
A dino-snore!

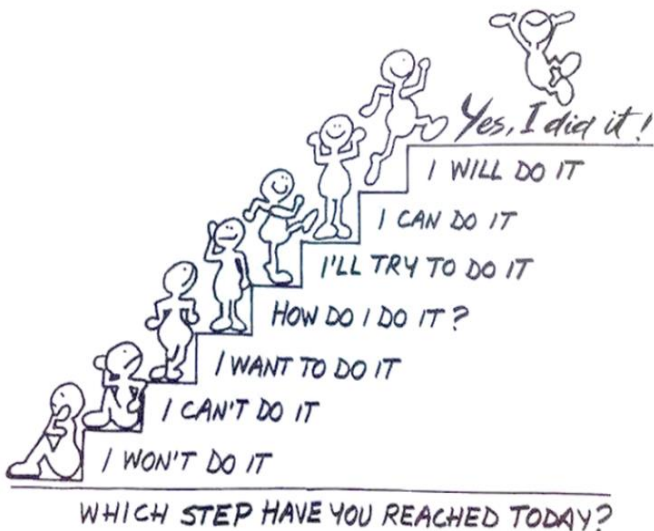
2. What is fast, loud, and crunchy?  
A rocket chip!

3. Why did the teddy bear say no to dessert?  
Because she was stuffed.

4. What did the left eye say to the right eye?  
Between us, something smells.

<https://redtri.com/best-jokes-for-kids/slide/1>

### Mindset Growth Chart



[http://www.clipartpanda.com/clipart\\_images](http://www.clipartpanda.com/clipart_images)



### Bunny Breaths

Take 3 big quick sniffs in your nose like a bunny.  
Next, exhale in a long release through your nose.

Repeat five times or until you are calm.  
If you'd like to have some extra fun, you can hop around while you do it.

Online Version:

<https://family.gonoodle.com/activities/bunny-breath>