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# YOUR WELLNESS COLLECTION

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eBooks

Designed to empower personal and social capabilities, mindfulness and resilience.

## Essential tools and practices to help:

- Better manage stress and anxiety
- Counteract depression
- Improve sleep and self-care
- Manage/release anger
- Develop self-esteem and confidence
- Address questions of gender identity
- Access support for eating disorders
- Grieving
- Defend against bullying / cyberbullying
- Develop positive coping skills
- Step into life with positivity and purpose

Access resources discreetly (without any stigma), or can be directed by an informed educator

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