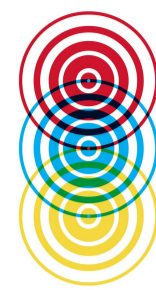


# WELLNESS

# STRATEGIES



**DESERT SANDS  
UNIFIED  
SCHOOL  
DISTRICT**

*The Future Is Here!*

Brought to you by:  
Student Support Services



**Socially  
connecting by  
phone or video**



**Mindfulness > Being  
in the moment**

**Meditation**



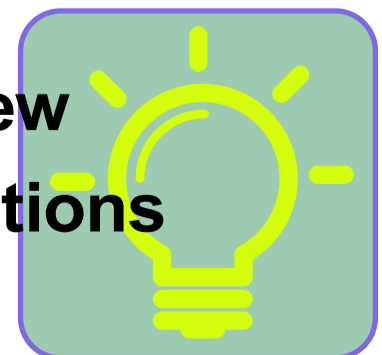
**Videos on yoga,  
dancing,  
& workouts**



**Helping Others**



**Creating new  
family traditions**



Check out DSUSD's Social  
Emotional Website for  
more wellness resources:

# ESTRATEGIAS de

# BIENESTAR



**DESERT  
SANDS  
UNIFIED  
SCHOOL  
DISTRICT**

*¡El futuro está aquí!*

Traído a Usted por parte de:  
Servicios de Apoyo Estudiantil



**Conectando  
Socialmente por  
teléfono o video**



**Consciencia  
Plena > Estar en el  
momento**

**Meditacion**



**Videos de  
yoga, baile  
y ejercicios**



**Ayudando a  
Otros**



**Creando  
nuevas  
tradiciones de  
familia**



Vean el sitio Socio Emocional  
de DSUSD para mas recursos de bienestar.

wellness