

WCHS WELLNESS CENTRE

MENTAL HEALTH MATTERS

OCTOBER EDITION

HAS ANYONE TOLD YOU TO "JUST RELAX"?

AS IF IT WAS THAT EASY? IF YOU COULD, YOU
WOULD RIGHT?

CHECK OUT THIS WEBSITE ON DIFFERENT WAY TO CALM YOUR
NERVOUS SYSTEM.



REMEMBER: IF YOU, OR ANYONE YOU
KNOW, IS SUFFERING FROM ANXIETY,
WE HAVE COUNSELLORS
THAT CAN HELP.