

Wellbeing

Taking care of your mental health isn't about being perfect—it's about checking in with yourself, learning what you need and making small changes that feel good. These tools help you explore your emotions, build better habits and take care of your whole self.

Information Guides

[Emotions Motivate Actions](#)

Learn how your feelings drive your behavior—and how understanding this can help you make better choices.

["Should" Statements](#)

Ever feel like you're constantly falling short of invisible standards? This guide helps you let go of the "shoulds" and show yourself more compassion.

[Communication Styles](#)

Understand different ways people communicate—and how to express yourself clearly and confidently.

[Pessimism](#)

Explore how negative thinking can affect your mood and motivation, with ways to build a more balanced outlook.

[Self-Soothing Toolkit](#)

A collection of grounding techniques to calm your mind and body when you're feeling overwhelmed or anxious.

[The Feelings Wheel](#)

A visual guide to help you identify and name your emotions more accurately—a first step in understanding and managing them.

[Self-Care Check-in](#)

A quick way to reflect on how you're really doing—and what kind of self-care you might need right now.

[The Self-Care Wheel](#)

A colorful, easy-to-use chart of self-care activities across different areas of life—emotional, physical, social and more.

App

[Smiling Mind](#)

A mindfulness app with short, guided meditations designed especially for students and young people.

Video

[Positive Steps to Wellbeing](#)

Encouraging, practical tips to help you build a daily routine that supports your mental and emotional health.