

Want to learn more about how to maximize good mental health and well-being so you feel your best? Download CMHA's Wellness Modules for information and tips on finding balance, getting enough sleep, healthy thinking, and getting active.



Each week we are highlighting a resource from School District 47's Mental Health and Wellness Hub. This week we'd like to highlight for families and students CMHA's [Wellness Modules](#). From stress, healthy thinking, and problem solving to sleep and staying healthy with technology, each module consists of a few short pages to help you maximize good mental health and well-being so you feel your best.

Find this resource and more on the [Mental Health and Wellness Hub](#). And check back often. We're adding more resources each week.