TENDING TO YOUR GARDEN

WHAT AM I FEELING AT THE MOMENT?

HOW CAN I BRING JOY INTO MY DAY?

WHO CAN I RELY ON FOR SUPPORT?

WHERE CAN I DELEGATE RESPONSIBILITIES?

DO I EXPRESS MYSELF WHEN STRESSED?

IS IT ME, OR IS IT MY ENVIRONMENT?

The EMPOWER Lab
Engaging Minorities in Prevention Outreach Wellness Education & Research