



HEALTH AND SUPPORT CHECKLIST

FIND A HOBBY THAT HELPS YOU DE-STRESS (PHYSICAL ACTIVITY OR EXERCISE, COLORING, READING, ETC)



MEET WITH A MASON CAPS COUNSELOR



VISIT MASON REC



COMPLETE MASON'S RESILIENCE BADGE



BROWSE MASON 360



MAKE SURE YOU'RE GETTING ENOUGH SLEEP



MAINTAIN A HEALTHY AND BALANCED DIET PLAN



DRINK ENOUGH WATER!

