

# Mindful Memo

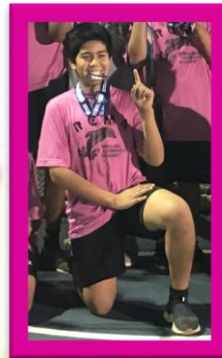
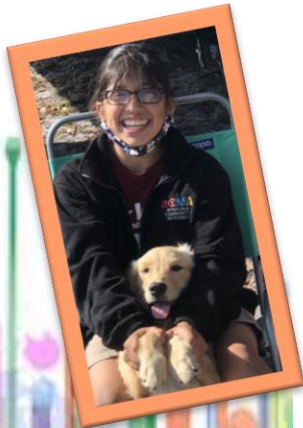
Week 29<sup>th</sup>, March 21<sup>st</sup> – March 25<sup>th</sup>, 2022 – RCMA Wimauma Community Academy

## Choose Joy.

Those of us at WCA are familiar with most of the below pictures. But even if you've never seen them before, it's easy to see a common theme...Pure **JOY**. Our scholars are becoming leaders and change-agents in a world with plenty of uncertainty and negativity, yet they take time to laugh, play, and be joyfully present. As we approach testing season, and the "homestretch" of the 2021-2022 school year, remember when given the choice...choose **JOY**.

*Smile. Breathe deeply. Practice gratitude. Declutter. Face stress head on. Unplug. Play. Walk in nature. Give back. Practice self-care. Walk. Reflect. Forgive. Apologize. Be mindful. Be present. Journal. Embrace imperfection. Laugh. Let it go.*

*Breathe again.*



"Find out where joy resides, and give it a voice far beyond singing. For to miss joy is to miss all." – Robert Louis Stevenson