

Busy day? Let your mind slow down.

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Down: Unload Your Mind*



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Your school is subscribed to Counsel Clouds, a wellbeing platform that helps you release the thoughts, emotions, and tension built up during the day so you can reset and sleep more easily.

A busy mind after a long day is normal. With a few simple practices, you can slowly unload what you've been carrying and create space for calm.

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