



Take Time

Note Catcher

Use this note catcher to accompany the lesson "Naomi Osaka." It provides opportunities to reflect on wellness and prioritizing mental wellbeing.

LESSON PART ONE

Write three connections, thoughts or experiences that relate to Osaka's two main lessons from the article. Write three in each box.

Lesson One: You can never please everyone

Lesson Two: Everyone suffers from issues related to mental health or knows someone who does

(Continued below)



Take Time

Note Catcher

LESSON PART TWO

6 Dimensions of Wellness	Lesson 1: You can't please everyone — How is trying to please others affecting this dimension of wellness?	Lesson 2: Everyone experiences mental health issues — Make a plan to prioritize three of the six dimensions of wellness.
Emotional		
Intellectual		
Physical		
Occupational (school)		
Social		
Spiritual		