

# WELLNESS CENTER

## NOVEMBER NEWSLETTER

Awareness Month Information: November 13th is World Kindness Day. Our theme for today is respect everyone. In your email, you were all emailed an acts of kindness tic tac toe board. Throughout the day, take an opportunity to engage in these random acts of kindness, get tic tac toe, turn the board in during lunch to earn a raffle ticket. Pictures of the act of kindness will earn you 3 raffle tickets.

### RESPECT MHS

P stands for Perseverance

Definition: Perseverance is the continued effort to do or achieve something despite difficulties, resistance, or failure. Perseverance is being hardworking and finishing something you started.

Perseverance might require you to dig deep and overcome thoughts of wanting to quit.

Tips for building perseverance:

- Do not be afraid of failure- failure provide opportunity for growth
- Set realistic goals and break them down into smaller steps
- Build a support network of people that believe in you and your goals
- Remember your WHY for working towards something
- Reward yourself for your progress

Wellness center happenings:  
**Click on the activity to sign up**

1. Tobias - 11/4 Per 2-4

2. Stand up- career advancement  
11/8 Per 7

3. Raise Your Vibrations 11/14 Per 2

4. Power of gratitude 11/19 Per 6

SELF-CARE



PEER MEDIATION  
REQUEST

