

# WELLNESS CENTER

## AUGUST NEWSLETTER

Awareness Month Information: August 30th is National Grief Awareness day. Grief doesn't always entail the loss of a life. It can occur through life transitions, changes in identity, and both large and small traumas. Visit the booth during your lunch periods that day for resources and information.

### **Character Value: Kindness**

Kindness is a quality characterized by being considerate, compassionate, and understanding toward others. It involves actions and attitudes that reflect care, empathy, and a desire to help or uplift those around us. Kindness can manifest in small gestures, such as offering a smile, listening attentively, or holding the door open for someone, as well as in larger acts like supporting someone in need or advocating for fairness and justice. At its core, kindness fosters connections, builds trust, and creates a positive impact in personal relationships, communities, and the broader world. It is often seen as both a moral virtue and an essential component of human well-being.

Wellness center workshops:  
Use the link to sign up

1. Stand up- self care and school survival - 8/22  
Per 2
2. Mindful Monday- 8/25  
Per 3
3. Remembering someone/something I lost - 8/29 Per 7

Self-Care



Peer Mediation  
Request

