

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.

RESPECT MHS

R stands for Resilience.

Definition: The ability to recover from or adapt to challenges. It refers to how you are able to bounce back from life's setbacks.

Tips for building your resilience:

1. Stay connected with positive peer and adult support.
2. Engage in self-care. Check out this month's self-care challenge for ideas.
3. Pay attention to your thoughts and how they impact how you feel.
4. BELIEVE IN YOURSELF

Wellness center happenings:

Weekly workshops will begin in September.

Below are two additions to the wellness center, a peer mediation form to request support for conflict, and a self care challenge QR.

Self-Care



Peer Mediation Request

