

WELLNESS CENTER

DECEMBER NEWSLETTER

Awareness Month Information: In December we celebrate National Volunteer Day on 12/5. We will have holiday cards for you to make that will be delivered to a nursing home. We will also increase awareness that holidays are not the same for everyone. Some people feel increased anxiety, stress, and even sadness during the holiday season. Our goal is to increase ways people can cope during the holiday season.

RESPECT MHS

E stands for Empathy.

Definition: Empathy is the ability to sense someone else's emotions and imagine what they might be thinking or feeling. Empathy helps you understand why someone responded the way they did or felt the way they did in a given situation. Empathy helps you build social connections and respond appropriately in social situations.

Tips for increasing empathy:

- Be an active listener and pay attention to what someone is telling you.
- Pay attention to a person's body language and nonverbal communication.
- Imagine yourself in someone's shoes.
- Think about why a person might be feeling or acting the way they do.
- Surround yourself with diverse people and experiences.
- Question what you think you know about someone. Do not make assumptions.

Wellness center happenings:

Click on the activity to sign up

1. Tobias- 12/2 Per 6-8
2. Test anxiety strategies-
12/4 Per 4
3. Dealing with loss during the holidays- willow house- 12/11 per 2
4. Stand up 12/13 Per 2
5. Goal setting for the new year
12/17 Per 7

SELF-CARE



PEER MEDIATION

REQUEST

