

# WELLNESS CENTER

## MAY NEWSLETTER

Awareness Month Information: May is Mental Health Awareness month. During this month we increase the awareness of mental health issues, work to reduce the stigma surrounding mental health, and increase resources and strategies students can utilize and access. The Wellness Center will offer workshops and activities during lunch to support mental health.

### RESPECT MHS

S stands for Solidarity

Definition: Solidarity is the unity of support within a group, community, or society, especially in the pursuit of common goals, interests, or values. It involves a sense of shared connectedness, and cooperation among individuals regardless of differences in background, beliefs, or circumstances.

Tips for improving a sense of solidarity:

1. Be accepting and open to people that are different from you.
2. Show empathy and understanding for others.
3. Address conflict within your group, without threats or violence.
4. Have open and honest communication.
5. Build trust and mutual respect between you and others.
6. Be helpful to others.

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

1. Time management- 4/30 Per 7
2. Tobias- 5/5 Per 5-7
3. Stand up 5/12 Per 7th
4. Mindfulness Walk- 5/12 per 7

PEER MEDIATION  
REQUEST

