

WELLNESS CENTER

OCTOBER NEWSLETTER

Awareness Month Information: October is Bully Prevention Month and Red Ribbon Week. It is important to amplify the unified message that no one deserves to be bullied and all students deserve to feel safe and supported and to inspire everyone to act with kindness, acceptance, and inclusion. Red Ribbon Week is our drug prevention week.

Character Value: Resilience

Resilience is the ability to adapt, recover, and grow stronger in the face of challenges, adversity, or stress. It is a skill that helps individuals navigate difficult situations and bounce back from setbacks while maintaining mental and emotional well-being.

Key Characteristics of Resilience:

1. Emotional Regulation: Managing emotions effectively in stressful situations.
2. Problem-Solving Skills: Finding creative solutions to challenges.
3. Positive Outlook: Maintaining hope and focusing on possibilities rather than limitations.
4. Self-Efficacy: Believing in one's ability to influence outcomes through effort and determination.
5. Support-Seeking: Building and leaning on a strong network of family, friends, or community resources.
6. Flexibility: Adapting to new circumstances or changes with an open mind.

Wellness center happenings:
Click on the activity to sign up

SELF-CARE



PEER MEDIATION
REQUEST

