

WELLNESS CENTER

SEPTEMBER NEWSLETTER

Awareness Month Information: September is Suicide Prevention Month. This month is a time to remember those impacted by suicide, but also to increase awareness of warning signs and resources to help prevent suicide. Visit the booths during your lunch period on the 4th, 11th, 18th, and 24th.

RESPECT MHS

E stands for Esteem

Definition: Esteem or Self-esteem refers to the confidence in one's own worth and abilities. It is based on how someone values themselves, and the thoughts, opinions, and beliefs one has about who they are. A person's self-esteem can impact many aspects of one's life.

Tips for building your self-esteem:

- Pay attention to how you speak to yourself. Speak to yourself like you would talk to a best friend.
- Prioritize self-care and take time for yourself and what makes you happy
- Pay attention to your wants and needs.
- Avoid comparing yourself to others. Compliment yourself for who you are right now.
- Set goals and celebrate small steps.
- Remember that you are enough just the way you are.

Wellness center happenings:

**Click on the activity to sign up
or use QR code**

1. Tobias the therapy dog-
9/3 Per 1-3

2. Stand up for your community-
9/13 Per 7

3. Save a life from suicide-
9/16 Per 2

4. Intention setting for the year
9/26 Per 3



Peer Mediation

Self-Care

Request

