

# WELLNESS CENTER

## AUGUST NEWSLETTER

Awareness Month Information: In this section you will find information about awareness topics and events happening this month.

### 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:

Click on the activity to sign up

9/1 Workshop

9/8 Affinity

9/10 Workshop



SELF-CARE



PEER MEDIATION  
REQUEST

