

# WELLNESS CENTER

## MARCH NEWSLETTER

Awareness Month Information: On March 3rd we celebrate Teen Mental Health Awareness day. The purpose of this day is to bring awareness to the mental health issues that teenagers deal with every day. The end goal is to reduce the stigma around mental health issues in order to increase the comfort to reach out for support and talk about what they are experiencing.

### RESPECT MHS

M stands for Motivation

Definition: Motivation refers to factors that drive, direct, and energize behavior toward achieving a goal or fulfilling a need. It involves the desire, willingness, and determination to pursue and persist in activities that lead to desired outcomes or rewards.

Tips for increasing motivation

1. Find your WHY for wanting something.
2. Set clear goals and visualize success.
3. Celebrate progress
4. Break tasks into manageable steps.
5. Stay positive.
6. Find a support system of people.

Wellness center happenings:

**Click on the activity to sign up**

[1. Tobias - 3/3 6-8](#)

[2. Stand up - Celebrating women 3/7 7th](#)

[3. Music Heals Your Soul- 3/13 Per 3](#)

[4. Focus on Art- 3/20 Per 5](#)

PEER MEDIATION  
REQUEST

