

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.

RESPECT MHS

S stands for Self-Control

Definition: Self-control is the ability to control oneself, particularly one's emotions and the way one expresses their emotions. It is how someone is able to control one's impulses and desires.

Self-control helps you resist temptations and make better decisions.

Tips for building and practicing self-control:

- Identify your motivation for wanting to control yourself
- Get a good night's sleep.
- Think about where your desires come from. Ask yourself, how is this helping me? Why do I want this?
- Use systems and routines to help organize yourself.
- Set goals for yourself and track your progress.

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

1. Have the confidence to stand up for yourself- 10/1 Per 7
2. Tips to be a successful student
10/9 Per 2
3. Tobias the therapy dog
10/16 Per 4-6
4. Stand up- 10/18 Per 2
5. Focus on Art- 10/22 per 6
6. Writing for wellness
10/30 per 5

SELF-CARE



PEER MEDIATION
REQUEST

