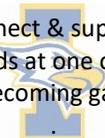
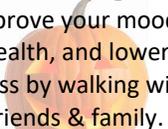




October 2021: Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Understanding emotions – accepting them & having strategies to respond to them – is essential to cultivate resilience.” - E. Aguilar</p> <p>Each strategy included in this calendar supports a lifestyle of healthy choices and aligns with the 5 CASEL Core Competencies of Social Emotional Learning: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. Try 1 or try them all. Keep the calendar and try again next month, too.</p>					<p>1 Goal Setting</p> <p>Set a SMART goal for today or the month. Specific, Measurable, Attainable, Relevant, & Time-Bound</p>	<p>2 Be Present</p> <p>Unplug from all devices. Stay present in the moment & appreciate all that the day brings.</p>
<p>3 I ♥ Me</p> <p>Make a list of things you love about yourself. Post-it.</p>	<p>4 Guided Imagery</p> <p>Take a relaxing visual vacation to unwind & boost your mood.</p>	<p>5 Got Support?</p> <p>Identify 5 people you can go to when you need support.</p>	<p>6 Relaxation</p> <p>Try Progressive Muscle Relaxation to release tension and stress.</p>	<p>7 Eat Healthy</p> <p>Visit the Farmers Market & pick out a new fruit or veggie.</p>	<p>8 Eagle Pride</p> <p>Connect & support friends at one of the homecoming games.</p> 	<p>9 Help Others</p> <p>Help a family member without being asked.</p>
<p>10 Mindful Nature</p> <p>5 things you see. 4 things you hear. 3 things you feel. 2 things you smell. 1 thing you taste.</p>	<p>11 Spread Kindness</p> <p>What is 1 act of kindness you can do for someone today? Notice kind acts done by others around you.</p>	<p>12 Ride a Bike</p> <p>Up a hill or around the corner, biking improves strength, balance, mental health, and focus.</p>	<p>13 Write It Down</p> <p>Take a moment to pause and write about your feelings and experiences today.</p>	<p>14 Music</p> <p>“Music can heal the wounds which medicine cannot touch.” D. Mridha</p> <p>Chorale Cabaret 7pm IHS</p>	<p>15 Family Movie</p>  <p>Irondequoit Town Hall Halloween Theme</p>	<p>16 Your Toolbox</p> <p>What activities and people help you cope with negative feelings? Write them down & share with a trusted adult.</p>
<p>17 Clean it up</p> <p>Clear your clutter, clear your mind. Spend 30 minutes cleaning up your space.</p>	<p>18 Sleep Hygiene</p> <p>Are you getting enough sleep? Is your room dark? Tech free? Strive for 8-10 hours of sleep daily.</p>	<p>19 New Friends</p> <p>Introduce yourself to someone new. See if you share any common interests.</p>	<p>20 Positive Thinking</p> <p>Strive to maintain a positive attitude throughout your day. How does positivity make you feel?</p>	<p>21 Deep Breathing</p> <p>Inhale through your nose filling your belly with air, exhale slowly through your mouth. Repeat 4 times.</p>	<p>22 Game Night</p> <p>Grab your favorite board game and hold a game night with family or friends.</p>	<p>23 Safe Disposal</p> <p>Parents & Staff: clean out your medicine cabinet and practice safe disposal. National Rx Take Back</p>
<p>24 Laughter</p> <p>Share your favorite joke or watch a funny movie with a friend or family member.</p>	<p>25 Talk About It</p> <p>Find a trusted adult and check in. What are you excited about? Nervous? Happy? Share it out.</p>	<p>26 Coloring</p> <p>Try 15 – 30 minutes of coloring for a calming, creative break from your day.</p> 	<p>27 Read for Fun</p> <p>Visit the town or school library. Relax with a fantasy, learn a new skill, or solve a mystery.</p>	<p>28 Gratitude</p> <p>Pause to recognize the people & things that bring you joy. How can you show your appreciation?</p>	<p>29 Growth Mindset</p> <p>“Nothing is impossible. The word says ‘I’m possible.’” A. Hepburn</p> <p>Learn about the power of “yet.”</p>	<p>30 Move Your Body</p> <p>Dance in your kitchen. Dance with your friends. Move your body to the music to improve your mood.</p>
<p>31 Walking</p> <p>Improve your mood, health, and lower stress by walking with friends & family. Happy Halloween.</p> 	<p>Have you heard of Drug-Free Irondequoit? Check out https://dfitogether.org to learn more about the coalition.</p> 			<p>Looking for more ways to help prevent substance use for youth in your life?</p> <p>https://oasas.ny.gov/prevention/parents-and-caregivers https://www.samhsa.gov/talk-they-hear-you/parent-resources</p>		