



# MONTHLY WELLNESS TOPICS

## SEPTEMBER

### FRIENDSHIP BUILDING

- SUICIDE PREVENTION MONTH
- COMMUNICATION SKILLS
- INCLUSIVITY & KINDNESS
- PERSPECTIVE TAKING
- SOCIAL MEDIA

## OCTOBER

### COPING SKILLS

- ANTI-BULLYING DAY
- ANXIETY & DEPRESSION
- MINDFULNESS

## NOVEMBER

### GRATITUDE

- KINDNESS MATTERS
- PERSPECTIVE TAKING
- MINDFULNESS

## DECEMBER

### RESILIENCY

- GROWTH MINDSET
- POSITIVE THINKING/  
OUTLOOK
- REFRAMING

## JANUARY

### GOAL SETTING

- MOTIVATION
- VISION BOARDS
- VALUES

## FEBRUARY

### HEALTHY REALTIONSHPIS

- CONFLICT RESOLUTION
- FOOD/BODY/MINDSET

## MARCH

### SELF-ESTEEM & SELF-WORTH

- BUILDING CONFIDENCE
- POSITIVE SELF-TALK
- AFFIRMATIONS'
- SOCIAL MEDIA

## APRIL

### EXECUTIVE FUNCTIONING

- ORGANIZATION
- TEST-TAKING STRATEGIES
- TIME MANAGEMENT
- STUDY HABITS

## MAY

### SELF-CARE

- MENTAL HEALTH  
AWARENESS MONTH
- HEALTHY HABITS
- SLEEP HYGIENE
- SCREEN TIME

## JUNE

### SELF-ADVOCACY

- PRIDE MONTH
  - ADVOCATING FOR  
SELF & OTHERS
  - SCHOOL/FRIEND/  
HOME/ETIC.
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