




# October 2020: Wellness Calendar

<p><b>Health is a state of body. Wellness is a state of mind.</b></p>				<p><b>1 Fuel your Body</b></p> <p>Visit the Farmers' Market tonight. 1280 Titus Ave 4 pm - 8 pm</p>	<p><b>2 Biking</b></p> <p>You can rent a bike in Rochester via Zagster Biking promotes strength, balance and improves mental health.</p>	<p><b>3 Be in the Moment</b></p> <p>Spend time today focusing on one task. Taking time away from your phone or social media can help.</p>
<p><b>4 Read</b></p> <p>Lose yourself in a good book! Check out the upcoming book fairs and/or the teen center at the Public Library.</p>	<p><b>5 Journaling</b></p> <p>Write down what is on your mind today. Journaling can be a tool to help you avoid impulsive reactions.</p>	<p><b>6 Pet Therapy</b></p> <p>Spend time with your favorite furry friend. Spending time with an animal can be a helpful relaxation tool.</p>	<p><b>7 Music</b></p> <p>Listen to your favorite musician or compose your own music. Music can help improve your mood and ease pain.</p>	<p><b>8 Give Thanks</b></p> <p>Thank an adult or peer in your life. Write them a letter or message of thanks and gratitude.</p>	<p><b>9 Sleep Hygiene</b></p> <p>Use this weekend to reset your sleep schedule so you are prepared for the remainder of school. Strive for 8-11 hours of sleep daily.</p>	<p><b>10 Safety First</b></p> <p>St. Paul Fire Department Open House 433 Cooper Rd. 12 pm – 4 pm</p>
<p><b>11 Create</b></p> <p>Set your mind free with creative time. Explore your creative mind with a craft or experiment today.</p>	<p><b>12 Art</b></p> <p>Join the Art club today for their first meeting virtually on Schoology from 2:30-3:30 pm.</p>	<p><b>13 Coloring</b></p> <p>Grab the crayons, markers, and coloring sheets and spend 15 minutes coloring for a great relaxing and centering activity.</p>	<p><b>14 Walk</b></p> <p>Walk yourself out of a bad mood. Research has shown even a ten minute walk can improve stress and promote happiness.</p>	<p><b>15 Goal Setting</b></p> <p>You are 42% more likely to achieve your goals if you write them down. Spend time today identifying three goals you wish to accomplish.</p>	<p><b>16 Cooking</b></p> <p>You can't control everything in your life but you can control how you fuel your body. Check out a healthy recipe online.</p>	<p><b>17 Give Back</b></p> <p>Giving back to your community and world can make a difference in your mental health and your community.</p>
<p><b>18 Observe Nature</b></p> <p>Sit outside silently with a friend or family member. Observe the sights and sounds of nature.</p>	<p><b>19 Laughter</b></p> <p>Laughing can release endorphins and lower your stress and anxiety. Watch a funny movie with friends or family.</p>	<p><b>20 Winter Activities</b></p> <p>Plan for wellness. Check out the Winter Rec Catalog for things to do this winter.</p>	<p><b>21 Stretch</b></p> <p>Making time to stretch can help improve your strength, balance, endurance, posture, and alleviate pain.</p>	<p><b>22 Dance</b></p> <p>Express yourself today through movement. Pick your favorite song and get creative.</p>	<p><b>23 Mindfulness</b></p> <p>Mindfulness and breath are important parts of relaxation. Check out the Calm App for easy tools to use daily.</p>	<p><b>24 Quality Time</b></p> <p>Spend time with friends &amp; family. Play a board game or get active.</p>
<p><b>25 Aromatherapy</b></p> <p>Scents and smell can hold memories and help elevate stress. Try Lavender for rest and relaxation.</p>	<p><b>26 Check out ROcovery Fitness</b></p> <p><a href="http://www.rocoveryfitness.org">www.rocoveryfitness.org</a> for free open gym hours and a free boxing lesson tonight.</p>	<p><b>27 Podcast</b></p> <p>Listen to a Teen Health podcast! It is a great way to get information on the go.</p>	<p><b>28 Exercise</b></p> <p>Want to improve your sleep and energy level? Make a routine of daily 30 minute exercise.</p>	<p><b>29 Save a Life</b></p> <p>Free Narcan Training is available online by visiting Trillium Health and searching Narcan Training.</p>	<p><b>30 Affirmations</b></p> <p>Find positive quotes or try "I am ..." statements to help improve your mood and confidence.</p>	<p><b>31 Walking</b></p>  <p>HAPPY HALLOWEEN Have a safe and fun Halloween.</p>

Red Ribbon Week

