



DECEMBER

MENTAL HEALTH & THE HOLIDAYS - STIGMA REDUCTION



MENTAL HEALTH & THE HOLIDAYS LUNCH TIME WORKSHOPS



RINCON WELLNESS CENTER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

			1 WELLNESS PEER MEETING	2 MENTAL HEALTH ACTIVITY CARDS
5 MONDAY MORNING MEDITATION	6 HOLIDAY WREATHS W/ F25 <small>12 SPOTS ONLY</small>	7 Discovering Your Own Stressors Workshop	8 WELLNESS CENTER TOURS	9 MINDFULNESS JOURNALING ACTIVITY
12 HOLIDAY WELLNESS PEER MEETING	13 CALMING STRATEGIES PRESENTATION @ LUNCH	14 SELF-LOVE AFFIRMATION STICKERS	15 MINDFULNESS JOURNALING ACTIVITY	16 MERRY MANIFESTATION GROUPS
19 MONDAY MORNING MEDITATION	20 SETTING BOUNDARIES & PRIORITIZE YOURSELF	21 GRATITUDE PRACTICES	22 MINDFULNESS MEDITATION GROUNDING EXERCISES	23 FIGURING OUT YOUR SUPPORT TEAM
26 W	27 I	28 N	29 T	30 E

W I N T E R B R E A K