

SCHOOL SOCIAL WORK

MONTHLY NEWSLETTER

EMOTIONAL WELLNESS MONTH

Nurture your physical and mental health.



EMOTIONAL WELLNESS MONTH

October is Emotional Wellness Month. Emotional wellness is our ability to process feelings in a healthy, positive way. Our emotional well-being can affect our overall health. Mental and emotional stress can translate into negative physical reactions and a weakened immune system. Our emotions can manifest in our bodies through physical reactions like increased or decreased heart rate, sweat, or numbness so it's important to take inventory of your feelings. This month is a reminder to check in with our emotions and to find soothing activities that work for you!

COMMUNITY EVENTS

- **HAUNTED HIGH SCHOOL AT HVRHS- SATURDAY NOV 2, 6-9PM
\$10 PER TICKET OR 5\$ WITH A CANNED GOOD**
- **COLOR RUN FUNDRAISER FOR CLASS OF 2026 AT HVRHS
SUNDAY, OCTOBER 20, 1PM \$15 (ADULTS), \$10 (CHILD)**

SELF CARE TIPS

- Gratitude practice: Reflect on things you're grateful for to cultivate a positive outlook
- Practice self-compassion: Be kind to yourself, acknowledge your feelings without judgment
- Digital detox- Limit screen time to reduce stress and overstimulation
- Journaling- Write down your thoughts and feelings regularly to process emotions

