










October 2022: Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.” – Greg Anderson</p>						<p>1 Goal Setting Set a SMART goal for wellness this month. Specific, Measurable, Attainable, Relevant, & Time-Bound</p>
<p>2 Get Creative Check out Art Center for classes for all ages and unwind through creativity. artcenterrochester.com</p>	<p>3 Sleep Hygiene Are you getting enough sleep? Is your room dark? Screen free? Strive for 8-10 hours of sleep daily.</p>	<p>4 Basketball 4 FUN! Teen Open Gym Community Center 2:30pm – 5:00pm </p>	<p>5 Gratitude Who has supported you lately? Or helped you? Or listened to you? Send a card, a picture, or a text of thanks!</p>	<p>6 Eat Well Visit the Farmers Market & pick out a new fruit or veggie. 1280 Titus Ave 4pm - Dusk</p>	<p>7 Be Mindful 5 things you see. 4 things you hear. 3 things you feel. 2 things you smell. 1 thing you taste.</p>	<p>8 Celebrate Nature Helmer Nature Center 154 Pinegrove Ave 1pm – 4pm </p>
<p>9 Pickleball Open Play at the Community Center Check website for times. </p>	<p>10 Help Others How can you help someone today? Rake leaves for a neighbor? Wash the dishes? Lend a hand if you can!</p>	<p>11 Your Toolbox What activities and people help you cope with negative feelings? Write them down.</p>	<p>12 Positive Thoughts Strive to keep a positive perspective today. How do you feel at the end of the day? What did you notice?</p>	<p>13 Music “Music washes away from the soul the dust of everyday life.” B. Auerbach Chorale Cabaret 7pm IHS</p>	<p>14 Family Swim Check out the IHS Pool Schedule and bring the family for a splash!</p>	<p>15 Game Night Grab your favorite board game and hold a game night with family or friends.</p>
<p>16 Biking Go for a ride around your neighborhood with a friend or family member.</p>	<p>17 Eagle Pride Show your Eagle Pride at the Soccer, Tennis, Volleyball, or Field Hockey matches at home today! </p>	<p>18 Talk It Out Check in with your counselor, teacher, parent, or other safe adult and share what’s on your mind.</p>	<p>19 Relaxation Progressive Muscle Relaxation reduces stress & anxiety, improves sleep, & can decrease muscle pain. Check it out!</p>	<p>20 Write It Down Take a moment to pause and write about your feelings and experiences today. What do you notice?</p>	<p>21 New Adventures Helmer Nature Center 154 Pinegrove Ave 7pm Owl Prowl Call to register</p>	<p>22 Safety First St Paul Fire Dept Open House 12pm – 4pm </p>
<p>23 Be Present Unplug from all devices. Stay present in the moment & appreciate all that the day brings.</p>	<p>24 Coloring Try 15 – 30 minutes of coloring for a calming, creative break from your day. </p>	<p>25 Use Your Voice Help to spread awareness, educate, advocate, and break the mental health stigma.</p>	<p>26 Be Prepared Free Community Narcan Training Community Center@ 6pm Register via email to JLawton@irondequoit.gov</p>	<p>27 Deep Breathing Inhale through your nose filling your belly with air, exhale slowly through your mouth. Repeat 4 times.</p>	<p>28 Got Support? Identify 5 safe people you can go to when you need support. Let them know so they’re ready to support you.</p>	<p>29 Safe Disposal Parents & Staff: clean out your medicine cabinet and practice safe disposal. National Rx Take Back</p>
<p>30 I ♥ Me What do you love about yourself? Stuck? Ask a friend or family member! Write it down & save it!</p>	<p>31 Walking Improve your mood, health, and lower stress by walking with friends & family. Happy Halloween!</p>	<p>Did you know Drug-Free Irondequoit is now Uplift Irondequoit? Check out https://dfitgether.org to learn more. </p>		<p>Looking for more ways to help prevent substance use for youth in your life? https://oasas.ny.gov/prevention/parents-and-caregivers https://www.samhsa.gov/talk-they-hear-you/parent-resources</p>		