



# October 2020: Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Self-Awareness</b> Our ability to identify our emotions and the way they connect to our thoughts and behaviors. Being aware of our strengths and areas for growth.						
<b>Self-Management</b> Our ability to manage or regulate our emotions, thoughts, and behaviors in healthy ways.						
<b>Social Awareness</b> Our ability to empathize with others, listen to their point of view, recognize and respect cultural differences, and identify community resources.						
<b>Relationship Skills</b> Our ability to develop and maintain healthy relationships based on mutual respect, shared responsibility, and caring.						
<b>Responsible Decision Making</b> Our ability to make informed choices related to our personal behavior and social interactions.						



Visit [westirondequoit.org](http://westirondequoit.org) for activities and more information about the Wellness Calendar