

Wellness Calendar

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 "You are enough, just as you are."	3 Kindness: Compliment someone today.	4 <u>Trivia Nights: Friends</u> Trebley Park 6PM - 8PM (CST)	5 <u>Get Down, Downtown!</u> Market Square Park 6PM - 8:30PM (CST)	6 <u>Zumba</u> Trebley Park 6:30PM - 7:30PM (CST)	7 <u>Video:</u> 4 Habits for Emotional Regulation	8 Goals: What challenge has helped me grow recently?
9 Mindfulness: Take a 5 minute walk. Notice what colors you see.	10 Move: Roll your shoulders 10 times.	11 <u>Hip-Hop Fitness</u> Market Square Park 6:30PM - 7:30PM (CST)	12 <u>Flow and Breath</u> Trebley Park 6:30PM - 7:30PM (CST)	13 <u>Ratatouille</u> Market Square Park 8:30PM - 10:30PM (CST)	14 Self Care: What can I let go of today?	15 Mindfulness: Breathe in for 4 seconds and out for 6 seconds.
16 Kindness: Smile at someone today.	17 First Day of School Pictures Atrium (1st floor) 9AM - 5:30PM (CST)	18 <u>Trivia: The Office</u> Trebley Park 6PM - 8PM (CST)	19 <u>Video:</u> 4 Skills to Stop Overthinking	20 <u>Blanket Bingo</u> Market Square Park 6PM - 9PM (CST)	21 Reflect: What is one accomplishment I'm proud of?	22 "Every small victory deserves to be celebrated."
23 Goals: What motivates me to keep going?	24 "Small steps every day lead to big changes."	25 Self Care: Unplug from your phone for 15 minutes.	26 Move: Stretch your neck and shoulders for 5 minutes.	27 <u>Jaws</u> Market Square Park 8:30PM - 10:30PM (CST)	28 Kindness: Check on a friend or classmate.	29 <u>Video:</u> Yoga to Heal Stress
30 Reflect: How do I know when I need a break?	31 <u>Kickboxing</u> Market Square Park 6:30PM - 7:30PM (CST)	1	2	3	CONTACT US: Office of Student Support Suite 806 StudentSupport@stcl.edu	

Underlined phrases are a link to a website. Make sure to check them out!