

Wellness Calendar

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CONTACT US: Office of Student Support Suite 806 StudentSupport@stcl.edu		1 <u>Trivia Night: Twilight</u> Trebly Park 6PM - 8PM (CST)	2 Self Care: Unplug from your phone for 15 minutes.	3 Reflect: What helps me feel like my best self?	4 First-Gen: 1L Survival Guide <u>RSVP</u> 9:30am - 11:30am	5 <u>Video:</u> First Steps in dealing with Anxiety
6 Goals: Make a list of goals for the week.	7 <u>Kickboxing</u> Market Square Park 6:30PM - 7:30PM (CST)	8 Coffee Chats 1st Floor Atrium 8:30AM - 11:30AM (CST)	9 Bar Accommodations Lunch & Learn: <u>RSVP</u> 11am - 12pm	10 <u>Extremely Goofy Movie</u> Market Square Park 8:30PM - 10:30PM (CST)	11 "Small acts of self-care can make a big difference."	12 Kindness: Check in on a friend or classmate.
13 <u>Video:</u> How to Stop Fighting Intrusive or Negative Thoughts	14 Mindfulness: Breathe in for 4 seconds and out for 6 seconds.	15 <u>Mid-Day on Main</u> 712 Main Street 11AM - 1PM (CST)	16 Mat Pilates Emilie Slohm 8AM - 9AM (CST)	17 <u>Blanket Bingo</u> Market Square Park 6PM - 9PM (CST)	18 Skills Group: Guided Journaling <u>Virtual</u> 11AM - 12PM (CST)	19 Move: Dance to your favorite song!
20 Kindness: Compliment someone today.	21 Goal: Try taking a break without guiltig yourself for it.	22 Autumn Crafting Room 517 12PM - 2PM (CST)	23 "You are enough, just as you are."	24 HLSA: Hispanic Heritage Night Garrett Townes 5PM - 8PM (CST)	25 Learning Lounge: <u>Virtual</u> 10am - 12pm CST	26 Reflect: Reflect on how far you've come from where you used to be.
27 Move: Try a nice stretch to release tension.	28 <u>Video:</u> Mindfulness the Right Way	29 <u>Hip-Hop Dance Fitness</u> Market Square Park 6:30PM - 7:30PM (CST)	30 <u>Flow & Breath</u> Trebly Park 6:30PM - 7:30PM (CST)			

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