

S M T W T F S



# TeenHelp

NOVEMBER 2020

*“To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.”*

THICH NHAT HANH



1 NATIONAL NOVEL WRITING MONTH	2 REMEMBER THAT THE THINGS YOU HAVE DON'T DEFINE YOU	3 CHALLENGE YOUR INNER CRITIC	4 NATIONAL STRESS AWARENESS DAY	5 BONFIRE NIGHT	6 PUT YOUR NEEDS FIRST	7 PRACTISE LETTING GO OF WHAT YOU CAN'T CONTROL
8 NEWSLETTER RELEASE	9 REPLACE PEOPLE-PLEASING WITH SELF-CARE	10 WRITE DOWN WHAT YOU ARE GRATEFUL FOR	11 LIST THE CHALLENGES YOU HAVE OVERCOME	12 FOCUS ON WHAT IS IMPORTANT TO YOU	13 WORLD KINDNESS DAY	14 WORLD DIABETES DAY
15 WRITE ABOUT AN EXPERIENCE THAT HELPED YOU GROW	16 ANTI BULLYING WEEK	17 THINK ABOUT YOUR ABILITIES	18 ELIMINATE "SHOULD" FROM YOUR VOCABULARY	19 WORLD PANCREATIC CANCER DAY	20 WORLD CHILDREN'S DAY	21 WORLD HELLO DAY
22 NEWSLETTER RELEASE	23 BALANCE THE TIME YOU GIVE TO YOURSELF AND OTHERS	24 TELL YOURSELF THAT YOU MATTER	25 WHITE RIBBON DAY	26 THANKSGIVING	27 LIST WHAT MAKES YOU UNIQUE	28 BUY NOTHING DAY
29 LEARN TO FORGIVE YOURSELF	30 COMPUTER SECURITY DAY					