

S M T W T F S



TeenHelp

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“It's not what you are that holds you back, it's what you think you are not.”

DENIS WAITLEY

OCTOBER 2020



				1 ADHD AWARENESS MONTH	2 INTERNATIONAL DAY OF NON-VIOLENCE	3 WORLD CARD MAKING DAY
4 WORLD ANIMAL DAY	5 MENTAL ILLNESS AWARENESS WEEK	6 WORLD CEREBRAL PALSY DAY	7 TRY A NEW DISTRACTION, ALTERNATIVE, OR COPING SKILL	8 CLEAN AIR DAY	9 VISUALISE ACHIEVING ONE GOAL THAT YOU WANT	10 WORLD MENTAL HEALTH DAY
11 NEWSLETTER RELEASE	12 SAY DAILY POSITIVE AFFIRMATIONS THIS WEEK	13 TURN A NEGATIVE STATEMENT INTO A POSITIVE ONE	14 THINK OF A TIME WHEN YOU FELT PROUD OF YOURSELF	15 DO MORE OF WHAT HELPS YOU FEEL GOOD ABOUT YOURSELF	16 WORLD FOOD DAY	17 RANK 5-10 OF THE MOST IMPORTANT THINGS IN YOUR LIFE
18 PRACTISE GOOD POSTURE	19 AVOID COMPARING YOURSELF WITH OTHERS	20 LEARN HOW TO SAY NO	21 IDENTIFY WHAT YOU CAN AND CAN'T CONTROL. FOCUS ON WHAT YOU CAN CHANGE	22 INTERNATIONAL STUTTERING AWARENESS DAY	23 REMEMBER WE ARE HUMAN AND ALL MAKE MISTAKES	24 MAKE A DIFFERENCE DAY
25 NEWSLETTER RELEASE	26 THINK OF A SUCCESS YOU HAD TODAY	27 NATIONAL BLACK CAT DAY	28 SEE MISTAKES AS OPPORTUNITIES TO LEARN AND GROW	29 WRITE THREE COMPLIMENTS THAT MAKE YOU FEEL GOOD	30 REMIND YOURSELF THAT NO ONE IS PERFECT	31 HALLOWEEN