

The Character Trait of the Month for October is **Mindfulness**.

- Please wear **Purple** on **Wednesdays** to represent **Mindfulness**!
- **If you would like to nominate someone for showing mindfulness, or any of the 10 character traits, use this form: [PJHS Character Education Nomination Form](#) or stop in guidance to fill out a paper nomination form.**

Mindfulness:

- the basic human ability to be fully present~~aware of what we are doing and how our body feels.
- maintaining a moment-by-moment awareness of our thoughts, feelings and bodily sensations.
- the quality or state of being conscious or aware of something; a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.
- *When we are mindful, we are not overwhelmed and do not overreact to what is going on around us.*

If you would like, you could add a new quote to the announcements each week of October:

- Mindfulness means being awake. It means knowing what you are doing. Jon Kabat-Zinn
- Live the actual moment. Only this actual moment is life. Thích Nhất Hạnh
- Mindfulness isn't difficult, we just need to remember to do it. Sharon Salzberg
- Open the window of your mind. Allow the fresh air, new lights and new truths to enter. Amit Ray
- Mindfulness is deliberately paying full attention to what is happening around you– in your body, heart, and mind. Mindfulness is awareness without criticism or judgment. – Jan Chozen Bays
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October is [National Depression & Mental Health Screening Month](#)
[Quick Facts and Statistics About Mental Health](#)

- Major depression is one of the most common mental illnesses affecting more than 8% of Americans (21 million) each year
- 19.5% of youth ages 12-17, about 4.8 million youth, are affected by major depression
- Not everyone experiences depression in the same way, but it can affect anyone, at any time
- Depression is treatable! Seek help from a professional--we have information in the guidance office

Resources: Suicide & Crisis Lifeline 988
Text4Teens 845-391-1000

