



June 2024 Mental Health First Aid Newsletter

Dates & Events:

- National Employee Wellness Month
- National PTSD Awareness Month
- National Zoo & Aquarium Month
- 1st – National Say Something Nice Day
- 4th – National Hug your Cat Day
- 8th – National Best Friends Day
- 16th – Father’s Day
- 21st – Take your Dog to Work Day
- 22nd – International Being You Day
- 20th–26th – National Mosquito Control Awareness Week
- 21st – International Day of Yoga
- 26th–30th – World Wellbeing Week

References:
¹ <https://mhanational.org/conditions/post-traumatic-stress-disorder>
² https://www.ptsd.va.gov/understand/common/common_adults.asp



PTSD Awareness Month

“Post-traumatic Stress Disorder (PTSD) is an anxiety disorder that can occur following the experience or witnessing of a traumatic event. A traumatic event is a life-threatening event such as military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault in adult or childhood.”¹ Trauma is a risk factor for mental health issues. Almost every person will have a trauma in their life but that does not mean you will have PTSD. It can affect anyone at any age. About 5 out of every 100 adults (or 5%) in the U.S. has PTSD in any given year.² It is normal to feel a wide range of emotions following a trauma. If these emotions do not improve or go away after a month or so, you may have PTSD. There are a variety of options for help. **Recovery is Possible!**



Self as a Friend

Our mental health is impacted by how we view and treat ourself. When we are stressed, scared, or sad, our negative self-image can further push us towards the unhealthy end of the mental health continuum. Our fight /flight response results in self-criticism (fight) or isolation (flight).

To combat this , treat ourself as a friend instead of an enemy. Self-kindness goes a long way.

National Say Something Nice Day – Tell someone how nice they look and tell yourself – Good Job!

National Best Friends Day – go out and have fun with your best friend (2 legged or 4 legged) & spend some quality time with your other best friend -YOU!

International Being You Day – celebrate all that makes you the unique and incredible individual that you and only you are. Treating self with kindness and compassion allows us to be kind and compassionate to others.



June is National Employee Wellness Month

This is a time for teams to focus on helping each other thrive. Work as a team this month to nurture well-being and have fun as a team and as an individual. One way to do that (if permissible) is **Bring your Dog to Work Day!**

It’s scientifically proven that having a pet companion can reduce depression, anxiety, and other mental health conditions. Our business is promoting the heath and wellbeing of pets which in turn aids the wellbeing of the humans that love them (and care for them).

Hugging your cat may make you happy – not sure how happy your cat will be.

