



MAY

WELLBEING FOR
THE HUMAN BEING

THEME

MENTAL HEALTH

May is Mental Health Awareness Month, and this year's theme is Turning Awareness Into Action. Mental Health is often misunderstood, because it is not something we are taught about, talk about openly, or want to address in others or in self. Becoming more aware of Mental Health issues improves the wellbeing of all.

Mental Health is affected by and impacts other areas of wellbeing – physical, emotional, social, and spiritual. This month take a pledge to be more aware of your mental state – no judgement, just acknowledge. Don't be afraid to ask someone else, "Are you OK?" Taking simple actions like better sleep, asking for help, self-care, and exercise can improve mental and overall wellbeing.

OBSERVANCES

- Mental Health Awareness Month
- Better Sleep Month
- Lyme Disease Awareness Month
- Arthritis Awareness Month
- National Walking Month

- National Pet Month
- Be Kind to Animals Month
- Pet Cancer Awareness Month

Global Employee Health & Fitness Month

FOCUS # 1

Mental Health Awareness Month Turning Awareness into Action

Mental Health America:
<https://mhanational.org/mental-health-month/>
"You have the power to take charge of your mental health and well-being, and it begins with small, intentional steps. By starting with yourself, you can create a ripple effect, inspiring others and contributing to a society where mental health is prioritized and supported."

Here are some steps from MHA to put Mental Health into Action:

- A** - Assess your mental health needs & the resources available to you
- C** - Choose a course of action
- T** - Take steps toward care
- I** - Identify additional supports
- O** - Observe what's working... or not
- N** - Nurture yourself

Other resources: nami.org; mentalhealth.org; National Institutes of Mental Health; Substance Abuse and Mental Health Administration; American Psychiatric Association; Mental Health First Aid

FOCUS # 2

Physical Wellbeing

National Walking Month

Walking is a simple, accessible, free, and safe way to improve your health and wellbeing. It is very beneficial for people with arthritis. At least 30 minutes of moderate-intensity walking 4 – 5 days a week can result in benefits to your heart, weight, mind, immune system, sleep, and energy levels.

Make walking social, your dog would love to join you!

Venture out and enjoy Nature.

Listen to a favorite song list or podcase.

Use your Smart Watch or other App to set a goal each day for either steps or miles this month. Notice how you feel at the end of the month. Take those steps towards better health and wellbeing.



FOCUS # 3

National Pet Month

Pets make our lives better!

National Pet Month aims to raise awareness about the benefits of pet ownership and responsible pet care, promote pet adoption, and recognize the contributions of service and therapy animals. Adopt a pet, donate to or volunteer at a pet charity, educate others, make a play-date for your pet – just a few ways to celebrate this month.

For National Pet Week, check out ideas on topics essential to responsible pet ownership from AVMA.org

- Sunday:** Choose well: Commit for life
- Monday:** Behavioral health: Habits for happy pets
- Tuesday:** Nutrition and exercise matter
- Wednesday:** Love your pet? See your Vet!
- Thursday:** Travel with care
- Friday:** Emergencies happen: Be prepared
- Saturday:** Plan for their care: Give them a lifetime of love

Animals do speak, but only to those who know how to listen.

"Compassion for animals is intimately associated with goodness of character." Arthur Schopenhauer
"Animals are such agreeable friends — they ask no questions, they pass no criticism." George Eliot

FOCUS #4

The Importance of Good Sleep BETTER SLEEP MONTH

Sleep is crucial for overall health and well-being. It impacts our physical and mental functions, boosts the immune system, and improves mood, memory, and cognitive performance. Lack of decent sleep over time can lead to heart disease, High blood pressure, kidney disease, obesity, depression and other significant health disorders.

The 10-3-2-1-0 sleep rule is a pre-sleep routine that helps regulate sleep by suggesting you:

- avoid caffeine 10 hours before bed
- food and alcohol 3 hours before bed
- work 2 hours before bed
- screens 1 hour before bed
- avoid hitting snooze in the morning

(<https://www.health.com/10-3-2-1-0-sleep-rule-8763555>)



Cat naps can be good for you if kept to 20 - 30 minutes in the early afternoon.

FOCUS # 5

Global Employee Health & Fitness Month

When so many veterinary hospitals are understaffed, protecting the team you have and promoting their wellbeing "pays off" for them and the practice. There is significant loss in revenue, relationships and reward when teams are stressed, exhausted, and overworked. Take time this month to invest in the wellbeing of your team because healthy employees"





















1. Are more productive
2. Less Stressed
3. More energetic and motivated
4. Have less health issues and "sick" days
5. Less turnover
6. Improved Work Culture

(<https://nationaltoday.com/global-employee-health-month/>)

"Exercise not only changes your body, it changes your mind, your attitude and your mood." Unknown



<https://www.gehfm.org>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	NATIONAL PET MONTH 	 Better Sleep Month	1 WHAT GREAT THING ARE YOU GRATEFUL FOR TODAY?	2	4  <p><small>This Photo by Unknown Author is licensed under CC BY-NC</small></p>
5 National Pet Week Be Kind to Animals Week Dog Anxiety Awareness Week Cinco de Mayo	6  Share what your pet means to you.	7 World Laughter Day 	8 Celebrate All the Pets 	9 It's Friday! Spend time with your favorite party animal. 	10/11 Get a Good Night's Sleep!
12 	13 NATIONAL MENTAL HEALTH AWARENESS WEEK	14 Take a break during the day and check in on your mental health. 	15 Lunch with your Dog Day 	16 	18  <p><small>MentalHealthAction.network</small></p>
19	20 World Bee Day Be Your BEST  <p><small>This Photo by Unknown Author is licensed under CC BY-NC</small></p>	21 World Meditation Day World Dog Day 	22	23  World Turtle Day	25 World Otter Day 
26 Be the Reason Someone Smiles today. 	27 Go for a walk today. Enjoy Nature. Spend time with a favorite person or pet.	28	29 HAPPINESS IS HOMEMADE; CREATE IT EVERY DAY 	30 Enjoy your favorite things today. 	31 National Smile Day World Parrot Day 