



APRIL

WELLBEING FOR
THE HUMAN BEING

THEME

GET ACTIVE!

This month focus on your physical wellbeing. Think of it as self-care for the needs of your body. Physical wellbeing can help with stress and improve your mental wellbeing. Move towards what makes you happy – volunteering, time with family and friends, or your purpose in life. This month, improve not only your physical wellbeing but that of your 4-legged Best Friend. Talk a walk together. Play frisbee. Spending time with your pet also lowers your stress. It is a Win-Win situation: you are Healthy and Happy.

OBSERVANCES

National Pet First Aid Awareness Month
National Heartworm Awareness Month
Prevent Lyme Disease In Dogs Month
Prevention of Cruelty to Animals Month
Canine Fitness Month

Stress Awareness Month
Physical Wellness Month
National Afternoon Tea Month
National Brunch Month
National Month of Hope
National Volunteer Month

FOCUS # 1

Stress Awareness Month *Lead With Love*

For the next 30 days, practice approaching others (and self) with kindness and compassion when showing signs of stress.

“Stress is what happens when something we care about is at risk.”

A life with meaning will have its share of stress. Stress itself is not necessarily bad. Believing that stress is bad and believing that you can't do anything about it, make stress bad for you. How we respond to stress is what makes the difference between thriving and surviving. Stress can motivate us to rise to the challenge. It can also draw us to others via Oxytocin so that we “Tend and Befriend” others and self in our times of need.

Here are 5 Simple ways to practice stress defense this month:

1. Take 5 Minutes Daily to De-Stress
2. Practice Mindfulness
3. Exercise
4. Get Creative
5. Connect

FOCUS # 2

Physical Wellbeing

Physical wellbeing is one of the Eight Dimensions of Wellbeing.

The best exercise is the exercise that you enjoy and will actually do on a regular basis. Find an activity that you look forward to like walking, dancing, swimming, gardening, or yoga.

The minimum goal of exercise is 150 min.of moderate-intensity aerobic activity per week and 300 minutes of activity per week.

Exercise releases endorphins and serotonin, which boosts your mood, reduces stress/anxiety, and can improve self-esteem.

Here is a link to a great resource:

<https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/physical-wellness-checklist-4.pdf>

FOCUS # 3

National Scoop the Poop Week

Cleaning up after our pets is not only a courtesy to our neighbors, but a very important way to stop the spread of disease to other pets and people.

Parasites and other diseases can be transmitted through contact with poop, and it can also get washed into our waterways and drainages, thereby contaminating our water.

Some of the potential threats found in dog poop (and urine) include: Parvovirus, Leptospira, Giardia, E.coli, Salmonella, Roundworms, and Tapeworms.

Need data to prove the poop is a problem? Ask your Elanco Rep for a copy of The Dog Park Study and see what unknown threats are out there.

FOCUS # 4

Did you know that there is an App for Pet First Aid available through the American Red Cross? Share this valuable free resource with your clients.



Prevention of disease is at the forefront of Veterinary Medicine. Educating owners on how to prevent potentially fatal diseases is vital to the health and wellbeing of the pet, the owner, and to the veterinary team.

Preventives and **vaccinations** are like seat belts and airbags - they protect our canine friends as they go about their lives. Ask your sales reps for what is new in our Parasite prevention portfolio. Here are some resources to aid in awareness about Heartworm disease and Lyme Disease:

<https://heartwormsociety.org/veterinary-resources/practice-tools/posters>

<https://capcvet.org/guidelines/lyme-disease/>

FOCUS # 5

Be Active in your Social Life.

Spend time with family and friends during these celebrations.

National Afternoon Tea Month



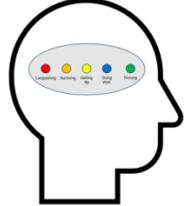
Take a break and have Afternoon Tea. A high tea menu consists of light, small portions, such as crustless finger sandwiches, scones with various spreads, small cakes/pastries, and of course, different varieties of Tea. Take time to savor life, love, and laughter.

National Brunch Month

At work, bring in brunch foods that can be enjoyed during the hectic mornings at the clinic. Food fuels our bodies, minds and spirits so that we can be at our best.

On the weekends, enjoy brunch with family and friends at home or out at a favorite restaurant. Relax and catch-up with the important people in your life.

This Photo by Unknown Author is licensed under CC BY-NC-ND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>National Month of Hope</p> 	<p>1</p> <p>APRIL FOOLS' DAY</p> <p>APRIL 1</p> 	<p>2</p> <p>NATIONAL PUBLIC HEALTH WEEK</p>  <p>https://nphw.org/</p>	<p>3</p>	<p>4</p> <p>National Moment of Laughter Day</p> <p>"A DAY WITHOUT LAUGHTER IS A DAY WASTED."</p> <p>CHARLES CHAPLIN</p> <p>QUOTEVERLASTING.COM</p> <p><small>This Photo by Unknown Author is licensed under CC BY.</small></p>	<p>5/6</p>
<p>7</p> <p>WORLD HEALTH DAY</p> 	<p>8</p> <p>National Dog Bite Prevention Week</p>	<p>9</p>	<p>10 Hug Your Dog Day</p> 	<p>11</p> <p>National Pet Day</p> 	<p>12/13</p> <p>National Hamster Day</p> 
<p>14</p>	<p>15</p> <p><i>Today is a Gratitude Day!</i></p> <p>I am thankful for my family, for my health, and for our beautiful planet.</p> <p><small>Positive Energy Quotes www.PositiveEnergyQuotes.com</small></p>	<p>16</p>	<p>17</p> <p>Do a Mental Health Check-In</p> 	<p>18</p>	<p>19/20</p>  <p>National Cat Lady Day</p>
<p>21 Veterinary Receptionist Week</p> <p>Bulldogs are Beautiful Day</p>  <p><small>This Photo by Unknown Author is licensed under CC BY-NC-ND</small></p>	<p>22</p> 	<p>23</p> <p>National Scoop the Poop Week "Doody Calls"</p> 	<p>24</p> <p>Make someone's day with a Random Act of Kindness</p> 	<p>25</p> <p>Parvo Awareness Day</p> <p>The world's first canine parvovirus outbreak heat map</p> <p>PARVOTRACK</p> <p>powered by Elanco</p>	<p>26</p>  <p>WORLD VETERINARY DAY</p>
<p>28</p> <p>Enjoy a favorite food today</p> 	<p>29</p>	<p>30</p> <p>National Adopt a Shelter Pet Day</p> <p>National Therapy Animal Day</p> 	<p>National Prevent Lyme Disease in Dogs Month</p> 		
<p>April is Stress Awareness Month</p> 	<p>Canine Fitness Month</p> 	<p>PHYSICAL WELLNESS MONTH</p> 		<p>Don't let heartworm disease break your heart.</p> <p>Talk to your veterinarian about heartworm prevention for your pet.</p> <p>AMERICAN HEARTWORM SOCIETY</p> <p>https://heartwormsociety.org/veterinary-resources/practice-tools/posters</p>	