



# JANUARY 2025

WELLBEING FOR  
THE HUMAN BEING

## THEME

**RENEWALL** – renew all that is important to you – personally and professionally. As you venture forth into the new year, make a plan to re-energize your passions, recharge your self-care, refresh your goals, and remember to savor every positive, happy moment with family and friends. When you prioritize happiness right at the start of the year, each month will add more to your resiliency, contentment, and overall well-being.

## OBSERVANCES

Self-Love Month  
Mental Wellness Month  
National Thank You Month  
One Health Awareness Month  
National Be On Purpose Month  
National Staying Healthy Month  
Walk your dog month / Train your dog month

### WEEK # 1

The New Year offers us a chance to start fresh in a variety of ways.

Start with Self-love. Let this be the year that self-care & self-compassion are your Resolutions. Being kind to and caring for yourself results in better mental & overall health, more confidence, and a greater ability to fulfill our purpose.

Practice some of the ideas shared here or implement your own ways of celebrating a New Year of YOU!



### WEEK # 2

#### Mental Wellness Month

January is the perfect time to bring awareness to mental health, break the stigma, and encourage help when needed. Now that the holidays are over, we can start to realize the consequences of our actions during the spirit of the holiday season. Credit card bills, weight gain, and seasonal depression can have a negative impact on our mental wellbeing.

To promote mental wellness, consider these suggestions:

1. Prioritize your Self-care
2. Build Self-appreciation
3. Practice Gratitude
4. Strengthen your mental resilience by decreasing negative thoughts & fostering a positive attitude
5. Ask for Help when needed

Our mental wellbeing exists on a continuum. Everyday we must work to maintain our mental state on the flourishing end, while accepting that some days we may need help to do so.

### WEEK # 3

#### National Thank you Month

Saying Thank you, either verbally or in written form, can do amazing things for our Wellbeing.

According to the Mayo Clinic, expressing gratitude can improve your mood, sleep, and immunity. It can also reduce depression, anxiety, chronic pain, and the risk of disease. <sup>1</sup> The simple act of gratitude causes a release of Serotonin which boosts our happiness and of Oxytocin which makes us feel loved. Saying Thank You can also make someone else happy by appreciating their kind gesture or words. Writing those thank-you cards for all those holidays gifts is a way to give an extra dose of holiday cheer.

#### What are you thankful for?

Start a new habit of acknowledging 3 blessings/good things that happened to you during the day. Once you start, you will find that you have much in your life to say THANK YOU for.

### WEEK 4

#### Self-Love Month

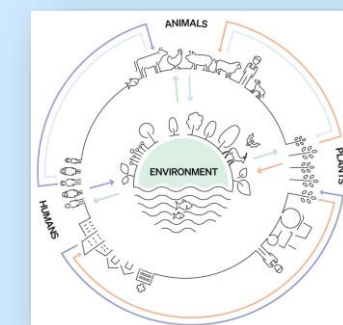
Research completed at Tufts University showed that self-love can lead to improved **mental health**, higher confidence, and less anxiety.<sup>2</sup> This means a healthier, and happier YOU which contributes to staying Healthy this month and every month.








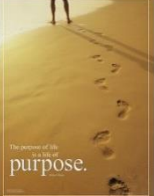



One important aspect of loving ourself is to know that we are living our life's meaning - putting our **purpose and good intentions** into action, both in our personal and professional spheres of life. Take time to evaluate your life and ask if you are connected to your life's meaning. If not, refocus your goals on fulfilling what fulfills you.

### WEEK # 5

One Health Awareness Month is celebrated annually in January to recognize the connection between the health of humans, animals, and the environment.

Veterinary medicine is an integral part of One Health. Find a way to share this initiative with your colleagues, clients, and community.



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SAT/SUN  |
|---|---|--|--|---|--|
|   |   | 1<br><b>NEW YEAR'S DAY</b>   | 2<br>WORLD INTROVERT DAY<br>National Pet Travel Safety Day   | 3<br>International Mind-Body Wellness Day   | 4/5<br><b>National Bird Day</b><br><br>Feed birds at a park or in your yard |
| 6<br>National Cuddle-Up Day<br>  | 7   | 8<br>Make today a "THANK YOU" day<br> | 9  | 10<br>Remind yourself that YOU are Amazing!<br>          | 11/12  |
| 13  | 14<br><br>National Dress Up Your Pet Day      | 15   | 16<br>WALK THE DOG (yours or someone else's)<br> | 17  | 18/19<br>Spend 30 minutes doing something you love.  |
| 20<br><br>Revisit / Recharge your Life's Purpose<br><small>This Photo by Unknown Author is licensed under CC BY-NC-ND</small>  | 21<br><br>National Squirrel Appreciation Day | 22   | 23<br>Boost your self-esteem by recognizing what you did great today.  | 24<br>Change a Pet's life's Day<br>Peanut Butter Day  | 25/26  |
| 27<br>Do something to promote your Mental Health<br><br><small>This Photo by Unknown Author is licensed under CC BY-ND</small> | 28  | 29<br>Email a friend about a happy memory you shared together  | 30   | 31<br>National Zebra Day<br>Stand out in the herd!<br> |  |
|   |   |  |  |   |  |