



# JULY 2025

## THEME

### SOCIAL WELLBEING

We are social creatures. We need positive interactions and support from others, people and animals. This month build and embrace a Community of support, both personally and professionally. A community is a group of people brought together through something they share or have in common. Ideally, a community should make you feel good about yourself, feel safe, and feel empathy towards others.

## OBSERVANCES

Social Wellness Month  
Parks and Recreation Month  
National Anti-boredom Month  
Ice-cream, Blueberry, Picnic, & Peach Month  
National Minority Mental Health Awareness Month

Pet Hydration Awareness Month  
National Lost Pet Prevention Month

## THEME # 1

Social Wellbeing is essential for our overall wellbeing. Healthy relationships are key for Resiliency. Social connectedness is protective towards depression symptoms and disorders. Social Isolation and loneliness are strongly associated with depression, lower immune function, higher CV disease and other negative health effects.

As a guideline, having 15 positive connections is supportive for wellbeing. Who can you lean on, celebrate with, or just be You with? Those are the connections that sustain us.

Humans need community, for our emotional health.  
We need connection, a sense of belonging.  
We are not built to thrive in isolation.

Ann Napolitano

## THEME # 2

### How to avoid boredom this month

What is Boredom? It is a state of mind characterized by a lack of interest, stimulation, or challenge. When boredom becomes chronic, it can significantly impact mental health, leading to negative emotions such as frustration, stress, and hopelessness. Over time, chronic boredom can contribute to poor mental health, including conditions like depression, anxiety, and substance use disorders.”<sup>1</sup>

There are also benefits from boredom. It can promote creativity and innovation, self-reflection and personal growth, improved emotional regulation and time for rest and rejuvenation.

How to beat boredom? Engage in mindfulness or meaningful activities, find a new activity, and avoid over-stimulation. Take advantage of National Parks and Recreation Month. Enjoy the outdoors. Play a sport. Don’t forget to take the dog for a walk. – they can suffer from boredom as well.

1. <https://withtherapy.com/therapist-insights/how-boredom-is-bad-for-your-mental-health/#:~:text=How%20does%20chronic%20boredom%20affect,its%20impact%20on%20mental%20health>



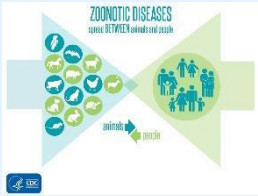









## THEME #3

**It’s National Picnic Month so pack a basket and Enjoy July!**

The month is full of Delicious Days to enjoy some great food.

National Days: Fired Chicken Day, BBQ Ribs Day, Macaroni & Cheese Day, Raspberry Day, Sugar Cookie Day, French Fries, Blueberry Muffin, Jello, Pecan Pie, Hot Dogs and Ice-Cream Day!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1 ID your Pet Day American Zoo Day International Joke Day	2 Share a Laugh Today	3 ICE-CREAM MONTH 	4 FOURTH OF JULY 	6 WORLD ZONOOSES DAY 
7 THANK YOU DAY  World Chocolate Day	8 National Cow Appreciation Day 	9	10 Panic Attack Awareness Day	11 Cheer UP the Lonely Day	12 National Simplicity Day
14	15 I love Horses Day 	16 BE LOVE DAY 	17  PEACH MONTH	18	19/20 PICNIC MONTH 
21 Share a Smile Today 	22 BLUEBERRY MONTH 	23	24  International SELF-CARE Day	25 Thank You	27  LOVE IS KIND DAY <a href="https://www.nationaldaycalendar.com/proclamations/new-day-proclamation-national-love-is-kind-day-july-27">https://www.nationaldaycalendar.com/proclamations/new-day-proclamation-national-love-is-kind-day-july-27</a>
28 COUNT 3 BLESSINGS TODAY 	29	30 International Day of Friendship  <a href="https://www.internationaldays.org/july/international-day-of-friendship">https://www.internationaldays.org/july/international-day-of-friendship</a>	31 National Mutt Day 		

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