

November 2024 Mental Health First Aid Newsletter

Dates & Events:

- Nov. 1 – International Stress Awareness Day
- Nov. 4 – National Cookie Day
- Nov. 6 – Dog Film Festival Day & National Stress Awareness Day
- Nov. 7 – National Canine Lymphoma Awareness Day
- Nov. 8 – International Human-Animal Bond Day
- Nov. 13 – World Kindness Day
- Nov. 23 – Thankful for My Dog Day
- Nov. 28 – THANKSGIVING
- Nov. 29 – You're Welcome Day

Observances:

- National Gratitude Month
- International Stress Awareness Week (Nov. 4 – 8)
- 'Campaigning to Reduce Stress and Improve Wellbeing'
- National Animal Shelter Appreciation Week (Nov. 3- 9)
- National Pet Cancer Awareness Month
- National Inspirational Role Models Month
- Adopt a Senior Pet Month

National Gratitude Month



National Gratitude Month

Gratitude has amazing powers! It is a Top Ten Positive Emotion that can increase happiness by 25% through the release of serotonin! Gratitude goes beyond saying "Thank you."

"Everything in our lives has potential to improve when we are grateful. Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and wellbeing. On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit, they are happier, have a higher income, more satisfying personal and professional relationships, and will be better liked. Grateful kids are even more likely to get A's in school."

<https://www.nationaldaycalendar.com/november/national-gratitude-month-november>

What are you grateful for in your life? Don't have only one day a year to give thanks. The daily practice of gratitude highlights the blessings in our lives and fills us with positivity, optimism, and joy.

Savor what makes you happy this month. Store it in your heart. Share it with others. Spend it during the difficult days.

This ties with "You are Welcome" Day on November 29th!

Stress Awareness Day and International Stress Awareness Week

Stress is a normal human response.. How we respond to the stress in our lives that determines whether we shine or whether we suffer. Stress plus a belief that the stress is bad, and we can't manage it are what create unhealthy, negative responses in our minds and bodies. That is what is responsible for the Fight or Flight response.

Stress can be good for us. It can alter our biology in a positive way by energizing us and making us happier and more productive at work. We can have fewer health issues, less depression and can be happier if we change our mindset about stress. Stress is what happens when something you care about is at risk. A life of meaning, therefore, will have stress in it. If we view stress differently, we can respond differently. We can rise to the occasion with a Challenge response and succeed in purpose, or we can reach out for help with a Tend and Befriend response.

On this day (and every day), when faced with a stressful situation, ask – what stress response do I need? Do I need to fight, to escape, to engage support, find the meaning or go after my goal? Managing stress better is better for our wellbeing.

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World Kindness Day

“Make kindness the standard, not the exception.”



7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make kindness the norm.

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org



International Human Animal Bond Day

The American Veterinary Medical Association defines the human-animal bond as a mutually beneficial and dynamic relationship between people and animals, influenced by behaviors considered essential to the health and wellbeing of both. This bond is beneficial to the mental, physical, and social health of people, and animals.

Veterinary medicine is rooted in and essential to the human-animal bond. Take time today to marvel at the beauty and power of this bond that we have the honor to promote, protect and nurture everyday. Celebrate the bond you have with your own animals. Everyone will be happier and healthier as a result.



Benefits of the Bond: (HABRI)

1. Pets alleviate stress
2. Pets fight depression
3. Pets Address social Isolation & loneliness
4. Pets improve physical fitness & encourage activity
5. Pets facilitate healing & resiliency

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National Pet Cancer Awareness Month & National Canine Lymphoma Awareness Day

Cancer is the leading disease-related cause of death in domestic pets. As our pets are living longer lives, the threat of cancer becomes significant. It is important to educate clients on what signs to look for in their pet to promote early detection.

Remember to share information on our treatment for Canine Lymphoma.

10 Warning Signs of Cancer



1. Swollen lymph nodes
2. A growing or changing lump
3. Distended abdomen
4. Unexplained weight loss
5. Unexplained bleeding
6. Dry coughing
7. Unexplained lameness
8. Excessive vomiting or diarrhea
9. Straining to urinate
10. Oral odor



Help us put a "paws" on cancer!

According to the Animal Cancer Foundation acfoundation.org

Nov. 23 – Thankful for My Dog Day

While this could be everyday, take time today to share why you are thankful for your dog(s).

If you are without a dog, think about adopting an older dog this month and making the most of their remaining life. Both of your lives will be rewarded with love.

Enjoy a dog film festival to highlight all the reasons why we love them. What films would be on your list? *Turner and Hooch. Marley and Me. Up. Beethoven. Air Bud. A Dog's Purpose.*

Images:

1. <https://web.dusd.net/doty/wp-content/uploads/sites/61/2023/11/gratitude.jpg>
2. <https://www.randomactsofkindness.org/world-kindness-day>
3. https://www.nationaldayarchives.com/wp-content/uploads/2021/09/Human_Animal_Bond_Daydraft.jpg-1.png
4. https://humananimalbond.net/wp-content/uploads/2022/10/Adobe_Stock_247992964-scaled-e1667169215429.jpeg
5. <https://doublechurchesanimalclinic.com/blog/45350-pet-cancer-awareness>