

# July 2024 Mental Health First Aid Newsletter

## Dates & Events:

- Social Wellness Month
- Parks and Recreation Month
- Ice-cream and Picnic Month
- 4th – FOURTH OF JULY
- 5th – Pet Remembrance Day
- 6th – World Zoonoses Day
- 9th – Cow Appreciation Day
- 19th – National Kitten Day
- 24th – International Self-Care Day
- 30th – World Friendship Day

### References:

1. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>
2. <https://www.who.int/news-room/fact-sheets/detail/self-care-health-interventions>

### Images:

- <https://careavailability.com/wp-content/uploads/2023/07/July-CA.png>
- <https://storage.googleapis.com/wackk-images-production-4f204ab/epzfb0vapg3vh0swxsszad3992>
- <https://www.google.com/url?sa=i&url=https%3A%2F%2Ftwitter.com%2Fwcncc%2Fstatus%2F1413958717104611330&psig=AOvVawOmBNG8qJ1ia-bBAzV51up9&ust=1719321415740000&source=images&cd=vfe&opi=89978449&ved=0CBEQjRxqFwoTCLCT4sip9IYDFQAAAAAdAAAAABA->
- <https://images.fineartamerica.com/images/artworkimages/medium/3/4-you-are-berry-special-berries-strawberry-fruit-toms-tee-store-transparent.png>
- <https://creatingtogetherparkdale.com/wp-content/uploads/International-Self-Care-Day.png>



## Social Wellness Month

Take time this month to nurture the important relationships in your life and to also meet some new friends.

Supportive relationships / positive connections are one of the building blocks of wellbeing and are important for resiliency.

What can friendship do for you? According to the Mayo Clinic, there are significant benefits from friendships:<sup>1</sup>

1. Improve your health & may help you live longer
2. Increase your sense of belonging and purpose
3. Boost your happiness and reduce your stress
4. Improve your self-confidence and self-worth
5. Help you cope with traumas
6. Encourage you to change or avoid unhealthy lifestyle habits

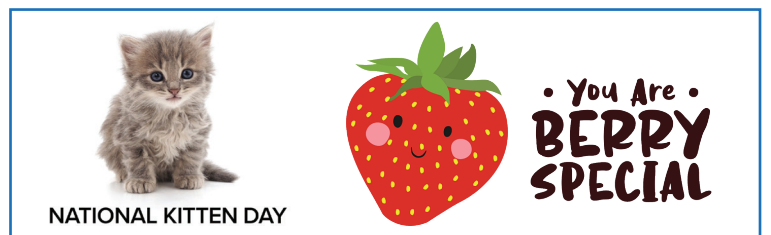
**Celebrate all that friendship has to offer on WORLD FRIENDSHIP DAY!**



## Parks and Recreation Month Picnic Month

The Hot spot this month (literally and figuratively) is the Park! Get out and enjoy all that local, state or national parks have to offer. Fireworks on the Fourth or a picnic with the family – getting outside promotes our environmental wellbeing.

Our canine companions love going to the park! While it a great way to give them exercise and social time, we need to remind pet owners about the parasite risks at dog parks and the importance of preventives. No picking up hitch-hikers or other parasite “presents” on these visits.



## National Kitten Day

Protect this bundle of purr and fur with proven vaccines and preventives to help them lead a long healthy and happy life.

## It's National Berry and Ice-Cream Month

Savor the Flavors of summer.  
Blueberry, Blackberry or Raspberry.  
Enjoy alone or on Ice-cream



## International SELF-CARE Day

Self-care is the ability of individuals, families and communities to promote and maintain their own health, prevent disease, and to cope with illness – with or without the support of a health or care worker.<sup>2</sup> WHO

Today take time to focus on your own well-being and engage in self care activities (exercise, reading a book, massage, cooking a delicious meal) that promote physical, mental, social, and emotional health. Encourage others to do this as well.

In veterinary medicine, as in life, Self-care should be a Standard instead of a Stigma. Self –care can be a powerful antidote to empathetic exhaustion, burnout, mental distress, and physical tiredness.