



JUNE

ENVIRONMENTAL & OCCUPATIONAL WELLBEING

Environmental Wellbeing

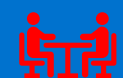
Resiliency and Wellbeing are dependent on 2 things: a supportive self and a supportive environment. When we have both in our lives, we flourish.

Environmental and Occupational wellbeing are 2 of the 8 elements of overall wellbeing. Where we work has a tremendous impact on our health. This month focus on creating a supportive, fun, and healthy workplace.

OBSERVANCES

National Employee Wellness Month
National PTSD Awareness Month
Professional Wellness Month
National Great Outdoors Month
National Camping Month

National Zoo and Aquarium Month
National Pet Preparedness Month
Adopt a Cat Month
National Microchipping Month
National Foster a Pet Month



THEME # 1

National Employee Wellness Month

Month is a time to focus on promoting employee health and well-being in the workplace.

This month is a great time for organizations to encourage their employees to be proactive and take steps to improve their physical, mental, and emotional well-being in the workplace.

Initiate or enhance a wellbeing program in your practice.

1. Enjoy lunchtime together by sharing recipes.
2. Take a walk during your break.
3. Listen to music
4. Create a Gratitude Board
5. Check in with each other throughout the day



THEME # 2

Professional Wellness Month

focuses on the importance of creating a supportive and holistic environment for employees. The impact of professional wellness on overall success, talent attraction, and employee retention cannot be underestimated. There is a vital connection between a healthy work culture. Where there are healthy and happy employees, there is also increased productivity, retention, recruitment and decreased healthcare costs.



THEME # 3

National Great Outdoors Month

Take time this month to connect with and enjoy the outdoors. Whether it is the forest, desert, mountains, ocean or your own backyard, being in nature can enhance our wellbeing.

Environmental well-being refers to a state of harmony and balance between individuals and their physical environments. It encompasses a sense of safety, comfort, and connection to the natural world, as well as a sense of responsibility for protecting and sustaining the environment. ¹

Hiking, biking, swimming, or simply gazing at the stars, enjoy all the beauty Nature has to offer.



THEME 4

National Pet Preparedness Month

Seeing all the devastation from recent natural disasters – floods, tornados, ice-storms, etc. - highlights the importance of having an emergency plan for pets. Help your clients plan for such events by creating an emergency kit, having a plan for evacuation, and knowing where to seek veterinary help if needed.

Make sure you remind clients to have extra medications and food for their pets.

<https://www.avma.org/resources-tools/pet-owners/emergency-care/pets-and-disasters>






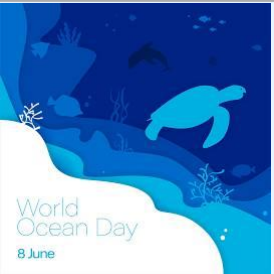







THEME # 5

National Zoo & Aquarium Month

Another great way to enjoy the outdoors is to visit a Zoo or aquarium. They are so important for the conservation and research of the animals across the world, as well as educating people on how to help save and respect them. There are 252 AZA accredited zoos and aquariums across the US that take care of over 780,000 animals, over 8,600 species, over 800 Vulnerable, Endangered, Critically Endangered, and Extinct In The Wild specie, & are responsible for 500 Species Survival Plan® Programs.

We share this planet with many, many other species. They deserve an environment that they too can thrive in.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		<div><div><div>This Photo by Unknown Author is licensed under CC BY-NC-ND</div></div><div>National Great Outdoors Month</div></div>			<div>1</div> <div>Say Something Nice Day</div> 
<div>2</div> <div>PET APPRECIATION WEEK</div> 	<div>3</div> <div>Go outside and find JOY in nature.</div>	<div>4</div> <div>Hug your Cat Day</div> 	<div>5</div>	<div>6</div>	<div>8</div> <div>HAPPY WOOL BEST FRIENDS DAY</div> 
<div>9</div> <div>DOG BITE AWARENESS WEEK</div>	<div>10</div> <div>Make a social post about Dog Bite Prevention</div>	<div>11</div>	<div>12</div> <div>Family Health and Fitness Day</div>	<div>13</div> <div>Watch something funny and enjoy the laughter .</div>	<div>14/15</div>
<div>16</div> <div>TAKE YOUR PET TO WORK WEEK</div> 	<div>17</div> <div>World Sea Turtle Day</div>	<div>18</div> <div>VETERINARY APPRECIATION DAY</div>	<div>19</div>	<div>20</div> <div>Write down 3 things you are grateful for today.</div>	<div>22</div> <div>International Being YOU Day.</div>
<div>23</div> <div>WORLD WELLBEING WEEK</div> <div>National Let It Go Day</div>	<div>24</div> <div>Cat World Domination Day</div> 	<div>25</div> <div>Be kind to Yourself today</div>	<div>26</div> <div>Tell a Co-worker how much you appreciate them.</div>	<div>27</div> <div>Remind yourself of the purpose in your work.</div>	<div>28/29</div> <div>Visit a Zoo with Family or Friends</div> 
<div>30</div>			<div>Professional Wellness Month</div>		