

October 2024 Mental Health First Aid Newsletter

Dates & Events:

- Mental Health Month
- Emotional Wellness Month
- Positive Attitude Month
- Self-promotion Month
- National Pet Wellness
- Animal Safety and Protection Month
- Adopt a Shelter Dog Month
- National Dessert Month
- Oct. 1-7 Walk your Dog Week
- Oct. 3-9 Animal Welfare Week
- Oct. 13-19 Veterinary Technician Week
- Oct. 2nd - World Farm Animals Day
- Oct. 4th - World Smile Day
- Oct. 4th - Kindness to Animals Day
- Oct. 5th - Do Something Nice Day
- Oct. 10th - World Mental Health Day
- Oct. 11th - Pet Obesity Awareness Day
- Oct. 14th - National Dessert Day
- Oct. 14th - I Love You Day
- Oct. 21st - Pets for Veterans Day
- Oct. 22nd - Make a Dog's Day
- Oct. 29th - National Cat's Day
- Oct. 31st - Halloween



WORLD MENTAL HEALTH DAY 2024 - 'It is Time to Prioritize Mental Health in the Workplace'

Mental health issues, such as depression and anxiety, are pervasive in workplaces globally, impacting productivity, attendance, and overall performance. When left untreated, the staggering economic cost is estimated at US\$1 trillion annually by the WHO.¹

On this day, as a team, promote mental health by:

1. **Taking breaks to reset, refresh and refocus your mental state.**
2. **Ask yourself and others, R U OK?** Don't let the negative take hold and become a problem.
3. **Practice self-compassion.** Give yourself credit for all the good that you do.
4. **Savor the Positive.** Share what was good that day. Every happy thought plants a seed of positivity.



Celebrating Veterinary Technician Week

The Theme for 2024 is **“Credentialed Veterinary Technicians Change Lives.”**

This week is an opportunity to showcase how Credentialed Veterinary Technicians can have a profound impact on the lives of their patients, clients, colleagues, and community.²

Some ideas to celebrate your techs: Lunch, treats, spa day, Thank you cards, or sharing their incredible stories on social media.

THANK YOU TO ALL VETERINARY TECHNICIANS FOR ALL THAT YOU DO, EVERYDAY!



October is Emotional Wellness and Positive Attitude Month

Emotional Wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

Emotional wellness encompasses both emotional regulation and emotional intelligence. Cultivating positive emotions is a wonderful way to boost emotional wellness, not just during this month but year-round. All humans have 6 primary emotions – Anger, Disgust, Fear, Happiness, Sadness, and Surprise. What are your emotions telling you? Emotions provide us data about our perception of the situation.³

Emotions are also contagious. Share Happiness. Express Gratitude. Connect with Humor. Celebrate **LOVE**.

Acknowledge negative emotions as well .

I LOVE YOU DAY - Dedicated to expressing love and appreciation for the important people & pets in our lives. (include yourself in this as well)

Positive emotions are a building block for wellbeing and the fuel for Resiliency.

The Top Ten positive emotions are Love, Joy, Awe, Amusement, Pride, Gratitude, Serenity, Hope, and Interest. Take time this month to recognize and appreciate all the positivity we experience in the profession. Focus on finding the good in every situation and encouraging others to do the same.



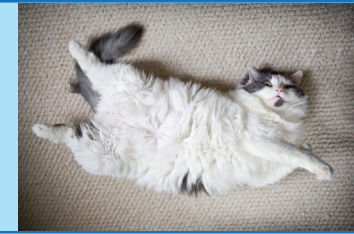
6 Lasting Benefits of a Positive Attitude:⁴

1. Longer life span because of overall lower stress levels
2. Lower chance of depression
3. More resistance to sicknesses like the common cold
4. Increased physical and mental well being
5. Less risk of death from cardiovascular disease
6. More developed coping skills during challenges.



Oct. 22nd National Make a Dog's Day

A day to give all dogs the best day of their lives. Do something fun with your canine best friend or visit a shelter and share some love with a dog who needs a home.



Pet Obesity Awareness Day

Unfortunately, we see pets with weight issues every day in practice. Excess weight can increase a pet's risk of issues during anesthesia, reduce their life expectancy, and impair their quality of life. For these and other reasons, educating clients on how to keep their pet trim increases the chance of a longer, healthier, and pain-free life for that pet.



National Pet Wellness Month

Promote the importance of preventive care from Annual exams to Zoonoses prevention to help our pets live longer, healthier, and happier lives which adds to our wellbeing as well.

Ref:
 1. https://wfmh.global/news/2024.24-04-17_wmhd2024-theme
 2. <https://navta.net/national-veterinary-technician-week>
 3. <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist-2022-7.pdf>
 4. <https://www.nationaldaycalendar.com/october/positive-attitude-month-october>

Images:
 1. <https://rscarritas.com/wp-content/uploads/2023/10/wmh-day2023.jpg>
 2. <https://vetmeasure.com/wp-content/uploads/2019/10/Vet-Tech-week-940x675.png>
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 4. <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSFhsjbtLeVIEOPBBekHQ60AmX9QQeQc-2iQ&s>
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 7. <https://kindnesshospital.com/uploads/SiteAssets/0/images/news-global/Celebrating%20National%20Pet%20Wellness%20Month%20Article.jpg>