



AUGUST 2025





THEME

Wellness is the proactive and continual pursuit of a happy and healthy life. The activities, choices, and lifestyles we choose for ourselves can contribute to or detract from the life we want. Wellness is not just the absences of challenges or illness, ongoing process of self-improvement and self-care.

This month, take at least one day to focus on one aspect of your overall Wellbeing: Emotional, Environmental, Financial, Mental, Occupational, Physical, Social, & Spiritual

OBSERVANCES

National Wellness Month
Happiness Happens Month
Family Fun Month
Simplify Your Life Week
Be Kind to Humankind Week

Itchy Pet Awareness Month
National Dog Month
Clear the Shelters Month
International Assistance Dog Week
Give a Dog a Bone Week



FOCUS#1

Happiness is Wellbeing and one of our 6 primary emotions. It is the only emotion that fills us head-to-toe with high energy.

"True happiness is a state of well-being characterized by contentment, joy, and a sense of purpose. It's a deep-seated sense of satisfaction with life, often tied to meaningful relationships, personal growth, and aligning actions with one's values."

Reasons to be Happy can be found everywhere if we just look for it. It means more when it is shared! Happiness Shared is Happiness Squared.





FOCUS#2

Being human means that we tend to clutter up our lives in both physical and psychological ways.

This week focus on decluttering physical and psychological space to reduce your stress and create a more peaceful life by focusing on what truly matters. Release those negative thoughts that hold you back or bring you down.

Focus on decluttering your home or office, your digital footprint, sticking to a budget, and learn to say No to the negatives in your life.





FOCUS#3

BE KIND TO HUMANKIND WEEK

This week is about taking time to be intentional in engaging in thoughtful gestures, random acts of kindness, and uplifting words with others.

Practice kindness this week by being positive in our thoughts, words, and deeds to others and to self.



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FOCUS #4

ITCHY PET AWARENESS MONTH

According to Nationwide Pet Insurance, for the 13th straight year, skin conditions remain the #1 health concern for dogs. Otitis externa ranked #3 for 2024. For Cats, skin conditions ranked #10 on the list.

Love it or hate it, dermatology is a big part of general veterinary practice. While the vet team can find it frustrating, it is nothing compared to the frustration and burden on the owner and the pet. This Caregiver Burden can negatively impact the relationship with the vet team when results do not meet expectations.

Talk to your owners about how they are managing how the pet feel and how they feel. Compassion and simplicity with treatment can go a long way in promoting better outcomes for all – the pet, the owner, and the vet team.

FOCUS #5

NATIONAL DOG MONTH



The Dog Days of Summer are the best time to acknowledge the joy and love that dogs bring to our lives.

Take time this month to show appreciation for all that Dogs do for us. This could be spending extra quality time with your own dog or supporting local animal shelters.

Here are some DOG-focused Days:

DOGust Universal Birthday for Shelter Dogs:

August 1

Assistance Dog Day: August 4
Spoil Your Dog Day: August 10
National Dog Day: August 26
World Dog Day: August 26

Give a Dog a Bone week is about supporting ways to feed stray animals and the pets of homeless people.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
SIMPLIFY YOUR LIFE WEEK (AUG 4 – 10) BE KIND TO HUMANKIND WEEK (AUG. 25-31)				1 Have a Family Game Night	2/3 National Play Outside Day National Sunflower Day National Friendship Day
4 National Chocolate Chip Cookie Day	5 National Work Like A Dog Day This Photo by Unknown Author is licensed under CC BY-SA	6 National Wiggle Your Toes Day (Stress release)	7 Simplify your Life by decluttering in 4 ways: Environmentally Digital Psychologically Financially	Happiness Happen Day International Cat Day	9/10 National Book Lovers Day (9th) National Lazy Day (10th)
11 Happiness Happens: Be the reason someone smiles today	12 Set aside time for Family Fun Social Wellbeing	WELL-DONE WEDNESDAY Show appreciation to Self and Others for a job well done.	14	National Relaxation Day	16/17 National Tell a Joke Day Saint Roch's Day (patron Saint of Dogs)
Tie Physical and Environmental Wellness together. Take a walk in Nature & appreciate the beauty around you. Be grateful for your Health with every step you take.	19 SMILE	20 World Mosquito Day This Photo by Unknown Author is licensed under CC BY-NC	21 Occupational Wellbeing What do you Love about Your Job?	Take your Cat to the Vet Day Be an Angel Day	23/24
Grasp Gratitude (Emotional Wellbeing) Find 3 gifts to be thankful for today.	NATIONAL DOG DAY	Intellectual & Mental Wellbeing Learn something new today. Do a Mental Health Check: R U OK?	National Thoughtful Day & Rainbow Bridge Remembrance Day (Spiritual Wellbeing) The spiritual was a the remain a gain related to Section Bridge Remembrance Day (Spiritual Wellbeing)	29	30/31 National Grief Awareness Day August 30th Certaing out of the dorleases and line the light www.nationalgriefawarenessday.com