

# August 2024 Mental Health First Aid Newsletter

## Dates & Events:

- 8th – International Cat Day
- 9th – National Book Lovers Day
- 10th – Spoil Your Dog Day
- 15th – National Relaxation Day
- 20th – World Mosquito Day
- 22nd – Take Your Cat to Vet Day
- 26th – National Dog Day
- 28th – Rainbow Bridge Remembrance Day
- 30th – National Grief Awareness Day

### Images:

1. [https://coachellavalleyweekly.com/wp-content/uploads/2022/08/FP\\_SWAG-1.png](https://coachellavalleyweekly.com/wp-content/uploads/2022/08/FP_SWAG-1.png)
2. <https://img.myloview.com/posters/summer-sun-safety-month-is-observed-every-year-in-august-celebrated-to-aware-about-some-of-the-damaging-effects-of-ultraviolet-uv-exposure-and-tips-to-help-protect-people-during-the-summer-months-700-255918960.jpg>
3. <https://pbs.twimg.com/media/CGcBUu2UIAAF8v9.jpg:large>
4. [https://i0.wp.com/www.vetrxdirect.com/blog/wp-content/uploads/2018/06/homepage\\_banner.jpg?fit=669%2C200&ssl=1](https://i0.wp.com/www.vetrxdirect.com/blog/wp-content/uploads/2018/06/homepage_banner.jpg?fit=669%2C200&ssl=1)
5. <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQufrY1iYctei8sY9izxyjKR86ZEowJuWRsig&w=1000&h=1000&from=webp>



## National Wellness Month

Wellness is the act of practicing habits to attain better outcomes in the 8 dimensions of health so that you thrive not just survive.

Your wellness is unique to you. Find activities that help you find joy, pride, serenity, awe, amusement, and relaxation.

The Eight Dimensions of Wellness: Try out these suggestions:

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Emotional</li> <li>2. Mental</li> <li>3. Physical</li> <li>4. Social</li> <li>5. Occupational</li> <li>6. Spiritual</li> <li>7. Environmental</li> <li>8. Financial</li> </ol> | <ul style="list-style-type: none"> <li>• Enjoy a book</li> <li>• Spoil your dog</li> <li>• Take a day to relax</li> <li>• Laugh with friends</li> <li>• Ask for help when struggling</li> </ul> |
|--|---|



## Summer Sun Safety

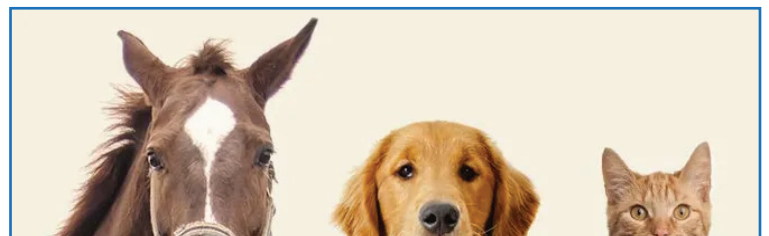
- Get your Vitamin D
- Protect your skin with protective clothing
- Shield your eyes from harmful UV rays
- Wear sunscreen to protect your skin
- Avoid dehydration and heat exhaustion

### PET ALERTS:

Remind owners of the dangers of Heatstroke for their pets. Make sure if pets are outside that they have access to shade and water. NEVER leave them in the car!

Temperature Outside	vs In Car After	
	10 min.	60 min.
68°F	81°F	115°F
75	88	122
82	95	129
90	102	136
97	109	144

Data from the American Meteorological Society



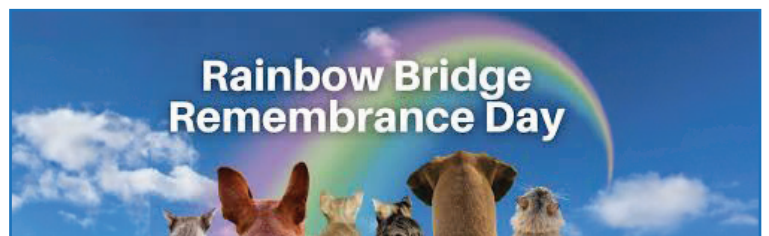
## Four-legged Friend Focus

While we love them everyday, take a couple days to celebrate all that they mean to us and give to us every day.

To protect all their 9 lives – promote veterinary care for your feline friend on the 22nd.

We have gone to the Dogs! You don't need a special day to spoil your dog – but do so on the 10th.

Promote the importance of HW prevention on the 20th for World Mosquito Day. They cause more death and disease than any other animal. Human protection is also important.



## Grief Awareness

Grief is a normal and natural process/reaction to a loss (a person, a pet, a way of life). There are many types of grief and ways to experience grief – emotionally, physically and more. Mental health can suffer when grief is denied or becomes excessive and unending.

*We must grieve to process what we feel. We grieve that which we love. What we love and therefore miss are our pets and the unconditional love they gave to us in their lifetime. Honor them and remember them on Rainbow Bridge Remembrance Day.*