



# FEBRUARY LET'S THRIVE IN 2025

WELLBEING FOR  
THE HUMAN BEING

## HEALTH

Health takes a variety of forms in our lives – physical, emotional, mental and social. This month is about focusing awareness on our physical health. Do we only pay attention to our health when it goes wrong? Just as we promote preventive care in our jobs, we should promote in our own lives. Our health can be improved in a number of ways: Check-ups, eating well, kindness (self and others), pets, optimism, nature, and of course, LOVE. Join in on the ways to celebrate all those health promoters.

## OBSERVANCES

- International Boost Self-Esteem Month
- National Heart Month
- National Cancer Prevention Month
- National Self-Check Month
- Responsible Pet Owners Month
- National Bird Feeding Month
- National Cat Health Month
- National Pet Dental Month
- Spay/Neuter Awareness Month
- Adopt a rescued rabbit Month

### FOCUS # 1

**National Self-Check**  
**National Cancer Prevention Month**  
 Check in with yourself –  
*How am I doing?*  
 Take time this month to focus on your wellbeing by taking charge of your own health. Schedule your routine check-ups or make necessary follow-up appointments. Check-ups can allow for early detection of health issues.  
 “In the United States, 40 percent of all cancers are associated with modifiable risk factors. Nearly 20 percent of US cancer diagnoses are related to excess body weight, unhealthy dietary patterns, alcohol intake, and physical inactivity.”<sup>4</sup>  
<https://www.aicr.org/cancer-prevention/how-to-prevent-cancer>

### FOCUS # 2

**National Heart Month**  
 Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. Heart disease cost about \$252.2 billion from 2019 to 2020. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.<sup>1</sup>  
<https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html>  
 Mental health and heart health are connected. There is increasing evidence that shows biological and chemical factors that trigger mental health issues may also influence heart disease. Having mental health issues isn't just about being sad. There are biochemical changes that predispose people to have other health issues, including heart problems.<sup>2</sup>  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/mental-health-and-heart-health>

### FOCUS # 3

**Boost Self-Esteem Month**  
**Random Acts of Kindness Week**  
 Kindness and Self-esteem go together. When we feel good about ourselves, we are better able to see the good in others. High self-esteem can help prevent mental health disorders and promote overall health and wellbeing. How to boost your self-esteem:  

- Remember your past successes
- Engage in physical exercise
- Accept and give compliments


**Random acts of kindness show that small acts can have a profound positive effect on others and self.**  
 Examples: Smile; Say Hi; Hold the door for someone; pay for drink for person behind you in line; Laugh out loud; Drink water; Send a Thank you; Love who you are and let others know they are loved.

### FOCUS # 4

Help Owners be more responsible for their pet's health this month. Education on dental care, the value of spaying/neutering, for cat owners – the value of regular care will help improve the wellbeing of the pet, the owner, and the veterinary team. Having healthy pets improves our health! Better compliance lessens burnout for the vet team. Here is great article about how pets help our health.  
<https://www.heart.org/en/healthy-living/healthy-bond-for-life-pets>

### FOCUS # 5





















**National Pet Dental Month**



Dental health is important for overall health in our pets and patients. This is a great month to not only perform dental care but to create awareness that lasts a whole year and a whole lifetime.

- Dental Show and Tell
- Share before and after pictures
- Have a “Best Smile” contest for your patients
- Showcase health snacks for pets

For some helpful resources:  
<https://www.avma.org/events/national-pet-dental-health-month>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		<p><a href="https://lifenetconnections.org/international-self-esteem-month/">https://lifenetconnections.org/international-self-esteem-month/</a></p> 			<p>1/2 <b>GROUNDHOG DAY</b></p> <p>National Hedgehog Day </p> <p>National Brown Dog Day</p>
<p>3</p> <p><b>Nat'l Golden Retriever Day</b></p> <p>Doggy Date Night </p>	<p>4</p> <p>Share a funny story or joke with your team.</p>	<p>5</p>	<p>6</p> <p><b>OPTIMIST DAY</b></p> <p>Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. - Helen Keller</p>	<p>7</p> <p><i>Happiness is an Inside Job</i></p>	<p>8/9 <b>National Pizza Day</b></p> 
<p>10 <b>National Umbrella Day</b></p> 	<p>11 <b>Make a Friend Day</b></p> 	<p>12</p> <p><b>MAKE YOUR OWN HEALTHCARE APPT.</b></p> 	<p>13</p>	<p>14 <b>VALENTINE'S DAY</b></p> 	<p>15/16 Enjoy a sunrise or a sunset</p> 
<p>17 <b>Random Acts of Kindness Day</b></p> <p>"Sometimes it only take one act of kindness and caring to change a person's life." Jackie Chan </p>	<p>18</p>	<p>19 <b>HUMP DAY</b></p> 	<p>20 <b>LOVE YOUR PET DAY</b></p> 	<p>21</p>	<p>22/23 <b>National Dog Biscuit Day</b></p> 
<p>24</p>	<p>25</p> <p><b>WORLD SPAY DAY</b></p>  <p><small>This Photo by Unknown Author is licensed under CC BY-SA</small></p>	<p>26</p> <p><b>Practice Some Self-Care today</b></p>	<p>27</p>	<p>28</p> <p>Check in on someone you care about. Ask them how they are and really listen to what they share.</p>	
<p>National Hot Breakfast Month</p> 	<p>4 Ways to Celebrate National Bird Feeding Month</p>  <p>WILDBIRDS UNLIMITED</p>		<p>National Cat Health Month</p> 	<p>SELF CARE ISN'T SELFISH</p> 