

Wellness Institute Monthly Calendar

June 2022



June Memories

What pops into your mind when you think of the month of June? Memories are very individual and it's hard to know what makes some experiences stick. Sometimes a smell can prompt a memory, like the smell of fresh-cut grass or a just-picked strawberry. What is a good memory?



Month-Long Celebrations

June is **Great Outdoors Month**! Endorsed by the federal government and many states, celebrating the great outdoors is good for your health and your peace of mind.

In past years, the National Park Service and the US [Department of the Interior](#) have promoted this month as a time to visit public lands and appreciate the amazing world around you.

Want some other ways to enjoy the outdoors? Check out your local [Audubon Society](#) to learn about birds in your area. Learn about [bird songs](#) through Cornell University.

Follow the path of the moon, stars, and planets with [EarthSky](#).

June is also time to celebrate **National Fresh Fruit and Vegetables Month**. Some tips for adding more fruit and vegetables each day [Michigan State University Extension](#).

Week 1: June 1-4

June 1 National Say Something Nice Day: Warm your heart and someone else's by giving a compliment, saying thank you, and sharing appreciation and gratitude. Remember to say nice things to yourself, too!

June 4 Hug Your Cat Day: Many of us get emotional support from our pets. If you have a cat, give it some extra love today. Don't have a cat? Borrow one—or search for “hugging cat videos” like [this one](#).

Week 2: June 5-11

June 5 World Environment Day: There is [Only One Earth](#). Share information, resources, and learn [how to get involved](#)!

June 6 National Gardening Exercise Day: When gardening, remember to warm up, stretch, use safe lifting techniques, and wear sunscreen.

June 8 National Best Friends Day: *Love yours!*

June 11 National Making Life Beautiful Day: Be kind, share a beautiful picture, visit a museum, give yourself a spa day... (add your favorite activity for making life beautiful).

Week 3: June 12-18

June 15 National Smile Power Day: Why stop at a smile? Learn about laughter and wellness at [Laughter Online University](#).

June 18 International Picnic Day: Pack a lunch to enjoy outdoors. Make it simple or elaborate—whatever works! Get together with friends for a potluck picnic. Consider [healthy options](#) when planning your menu.

Week 4: June 19-25

June 19 Father's Day

Father's Day was founded in 1910, but wasn't an official national day until 1972—60 years after Mother's Day was established!

June 21 International Day of Yoga

NYAPRS has shared a [series of yoga videos](#).

June 21 1st Day of Summer: *Flip flops anyone?*

June 21 World Music Day: Look for a [musical celebration](#) in your area.

June 23 National Hydration Day: Getting enough water [provides many benefits](#).

References and Resources

Image on p. 1 is listed online as free for reuse without attribution from pixabay.com; p. 2 infographic source: <https://countryside-living.com/2020/06/15/countryside-celebrates-national-smile-power-day/>

Father's Day facts are from [Wikipedia](#).

For more fun days to celebrate, visit:

- <https://www.angieensler.com/june-holidays/>
- <https://www.holidayinsights.com/moreholidays/june.htm>

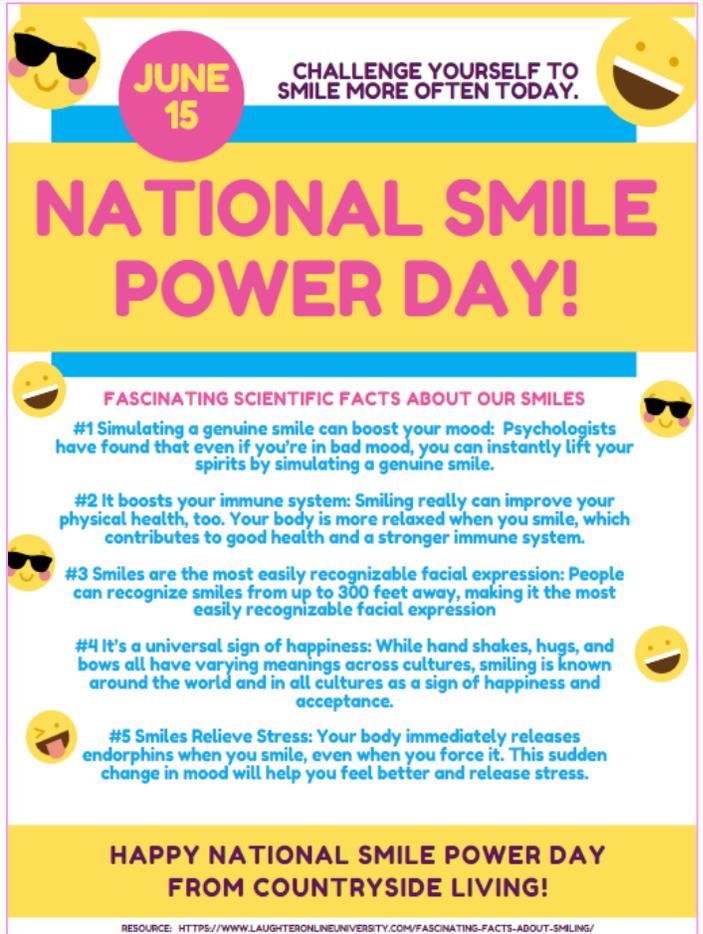
Week 5: June 26-30

June 26 Forgiveness Day

Forgiveness can enhance emotional and spiritual wellness. There are [free resources to help you](#) and a quiz -- [reflecting on your own responses](#).

June 27 National Sunglasses Day

The [Vision Council](#) has information on protecting your eyes from UV rays and resources to share.



Wellness Institute Calendar 2022

To subscribe, contact pswarbrick@cspnj.org | For information and resources: <https://cspnj.org/wellness-institute/>