

Wellness Institute Monthly Calendar

August 2022



Monthly Celebrations for August

Happiness Happens Month

Established by the [Society of Happy People](#), this month-long celebration is a time to feel good! Plan to do activities that bring you joy and lift your mood?

National Win With Civility Month

Dr. P. M. Forni, a professor at Johns Hopkins University, specialized in [civility](#) suggests “the quality of our lives depends upon the quality of our relationships.” Remind yourself all month to follow his [25 Rules of Considerate Conduct](#).

Week 1: August 1-6

August 1-7 National Bargain Hunting Week

Founded by Debbie Keri-Brown, whose father worked in the garment industry in NYC. She later wrote two books on bargain hunting in Ohio.

August 2 National Coloring Book Day

Coloring can be a great stress reliever for *emotional and intellectual wellness!* This day was established by [Dover Publications](#), which offers many options for coloring books!



Week 2: August 7-13

August 7 Friendship Day

This day was first established by Hallmark Cards, as a special day to appreciate friends. A great idea! Sending a card, calling, texting, or visiting a friend *can strengthen your social wellness!*

August 8 National Dollar Day

Spend or save a dollar but, either way, celebrate the day the US established its monetary system in [1786](#). Here’s a fun activity: Next time you have a one-dollar bill handy, check out [Where’s George?](#) You enter the serial number of the bill to see where it’s been and to follow where it goes next!



August 8 National Zucchini Day

Have you ever grown zucchini? Or had a neighbor with a zucchini patch? If so, you know that they often produce a generous crop! Tom Roy, from Pennsylvania, started the idea for this special day, which he originally called “Sneak Some [Zucchini](#) Onto Your Neighbor’s Porch Night.” [Zucchini bread](#) is a delicious way to use up all those extra vegetables! *Good for physical wellness!*

August 9 National Book Lovers Day

The origin of this day remains a mystery. Speaking of mysteries, you can probably find one at your local library, along with books on just about any subject. You can get free audiobooks, too. Many libraries can help you download to your smartphone. *Strengthens your intellectual wellness!!*

Week 3: August 14-20

August 14 National Financial Awareness Day

On August 14, 1935, President Franklin Roosevelt signed the [Social Security Act](#) into law. Perhaps that's why this date is now National Financial Awareness Day, although nobody knows for sure. This is a good time to write a budget, file your important papers, or otherwise look at your financial situation. You can find lots of useful information at the federal [Consumer Financial Protection Bureau](#) pages.

August 15 National Relaxation Day

In 1985, the [Des Moines Register](#) reported that Sean Moeller had founded National Relaxation Day. Just 9 years old in 1985, Sean suggested that people need at least one day when they don't do anything of real value: "Do whatever you do to relax. You can sit in the back yard and get a suntan or lie down or watch TV." Great advice!

August 18 Serendipity Day

Serendipity refers to things that happen by chance. This could be coming across something you weren't looking for, usually with a happy or beneficial result. In 2010, Madeline Kay, an author and public speaker, established [Serendipity Day](#). She invites everyone to live their lives "as if every-thing is a miracle." Expect something wonderful to happen. Be open to the endless opportunities that life has to offer.

[Kim Olver](#), a certified coach, reminds us that it's still worthwhile to prepare for and prevent future problems, so you're ready for whatever happens. If you encounter a challenge, stay positive and make the choice to learn from it.

Week 4: August 21-27

August 25 National Park Service Founders Day

The US National Park Service became official on this day in 1916, when President Woodrow Wilson [signed the act](#) that established it. The [National Park System](#) includes more than 423 areas covering more than 85 million acres in every US state and territory, as well as Washington, DC. Nearly 300 million people visit each year. If you plan to visit one or more of the many federal recreation sites, you may want to consider a [pass](#), especially if you are a senior pass or a veteran.

August 27 National Just Because Day

Today is a day to be spontaneous, just because! Do something nice for yourself or for someone else. The [Random Acts of Kindness Foundation](#) can get you started with their list of ideas.

August 28-31

August 30 National Beach Day

Ocean beaches offer a special magic, although lakeside areas also provide summer fun and relaxation. Use [National Beach Day](#) to enjoy the sand and the water. While you're there, pitch in with a little beach clean-up. Pack some plastic gloves and a trash bag or two in your beach bag.

August 31 Eat Outside Day

Whether you are home at lunch time, take a bag lunch with you or have lunch in a restaurant, this is a day to find an outside seat for your meal. Enjoy the fresh air eating outside!

References, in addition to the text links provided:

- <https://nationaltoday.com/>
- <https://www.angiegensler.com/>
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