

July 1 National Financial Freedom Day: National Financial Freedom Day is observed on July 1 every year to raise awareness about financial freedom. This 'freedom' refers to having enough savings and passive income to be able to afford the kind of life one desires without having to worry about steady employment. Consider creating or maintaining a financial plan to budget, save money, pay off debt, and to have a retirement plan where you may not need full-time employment. The United States President's Advisory Council on Financial Capability was set up in 2008 to encourage financial literacy among Americans. Learn more about financial literacy from Organizations Promoting Financial Literacy and Resource Tools <https://www.nj211.org/organizations-promoting-financial-literacy-and-resource-tools> <https://nationaltoday.com/national-financial-freedom-day/>

July 1-7 Clean Beaches Week: July 1-7 is Clean Beaches Week to celebrate our beautiful beaches and ensure they stay clean, safe, and lovely for generations to come. Clean Beaches Week combines the spirit of [Earth Day](#) with the fun of [Independence Day](#) and pumps up the fun for an entire week. July 4 is the most popular beach day of the entire year, but it also results in the most litter on our shores. Clean Beaches Week is a way to educate beachgoers on proper beach behavior before the big day. People have been harming the ocean's ecosystem for hundreds of years. Ocean trash affects the health of wildlife, people, and local economies. See How To Keep Beaches Clean 2021 Coastal Cleanup <https://glampinghub.com/blog/how-to-keep-beaches-clean/> <https://nationaltoday.com/clean-beaches-week/>

July 15 National Give Something Away Day: National Give Something Away Day was established on July 15, 2015, by Linda Eaton Hall-Fulcher, a self-proclaimed giver. Linda advocates giving back to the world, friends, family, and the less fortunate. A day for people to show they care. A day where you can declutter to improve your own living environment as well as emotionally lifting someone else's spirits by giving away clothes and even a compliment. A simple selfless act to brighten someone's day. This is a beautiful way to help others resulting in strengthening our community. Learn more from Helping Others Can Change The World <https://peacefulsoul.co/love/others/> <https://nationaltoday.com/national-give-something-away-day/>

July 17 World Emoji Day: Recognized on July 17, World Emoji Day is a holiday that validates our obsession over these ubiquitous graphic icons. These iconic little Japanese images, known as emoji, are more popular on the internet today than ever before. While sometimes they may seem silly, they impact how we communicate today. These emoji images can give us a brief way of expressing our emotions. Daily and weekly, we are faced with emotional challenges and stressors. Emojis can help us express ourselves.

<https://nationaltoday.com/world-emoji-day/>

July 24 International Self Care Day: The celebration of International Self-Care Day was established by the International Self-Care Foundation in 2011 to raise awareness about celebrating this day on July 24th. This day emphasizes the advantages of self-care that can be felt at any time of day or night, seven days a week, regardless of the season. The concept of self-care has been around for a while, but it has recently received a lot of attention because of its emphasis on wellness. We encourage you to focus on your wellness self-care a part of your everyday routines and turn it into a priority. Learn more about daily and weekly wellness routines in Mapping Mental Health: Dr. Swarbrick & The Eight Wellness Dimensions

<https://alcoholstudies.rutgers.edu/mapping-mental-health-dr-swarbrick-the-eight-wellness-dimensions/>

<https://alcoholstudies.rutgers.edu/wellness-in-recovery/quiz/>

<https://nationaltoday.com/international-self-care-day/>

Resource:

<https://nationaltoday.com/july-holidays/>