

Wellness Institute Calendar: August 2023

Collaborative Support Programs of New Jersey, Inc. Wellness Institute | www.cspnj.org

For more wellness information contact: pswarbrick@cspnj.org

Happiness Happens Month: Established by the [Society of Happy People](#), this month-long celebration is a time to feel good! Plan many joyful activities during August to lift your mood.

August 2 National Coloring Book Day: Coloring can be a great stress reliever for **emotional and intellectual wellness!**



August 7 Friendship Day: This is a day to appreciate friends. Send a card, call, text, or visit a friend to **strengthen your social wellness!**



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! **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!!**

August 15 National Relaxation Day: National Relaxation Day was founded in 1985. Plan time today (and everyday) to do whatever you feel helps you to feel and be relaxed! **Can strengthen many or all wellness dimensions.**

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. Be open to opportunities each day brings.

August 31 Eat Outside Day: Plan to eat breakfast, lunch, dinner, and/or enjoy a snack outdoors. Enjoy the sights, sounds, and smells eating outside! **Good for physical and environment wellness**

Check your wellness temperature!

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