

WORDS OF Wellness

April 2024

emotional - physical - financial - social - spiritual - environmental - intellectual - occupational

April is **National Alcohol Awareness Month**, a time dedicated to raising awareness about the potential risks and dangers associated with alcohol use and abuse. This month-long observance encourages people to talk openly about drinking habits and to remember that alcohol has serious consequences on the wellness of individuals, families, and communities. This month is a time to discuss ways of preventing underage drinking and promoting healthier lifestyles for people across the lifespan.

National Laugh at Work Week runs from Friday, April 1 through Thursday, April 7. Add fun to the work week! Laugh to boost your mood (emotional wellness), relieve stress (physical wellness), and connect with others (social wellness).

April 6: National Walking Day: Put on your outdoor shoes and get moving!



April 7: National Alcohol Screening Day: Check your own alcohol use [online](#) or by using a [downloadable self-assessment](#) form.

Screening and treatment information is available from the [SAMHSA website](#) or 1-800-662-HELP

April 7: World Health Day: The theme for this year's World Health Day is [Our Planet, Our Health](#). Learn more about how the climate and your environment affect your health.

April 18-22: Environmental Education Week:

This week-long national celebration wraps up on **Earth Day** (April 22). Earth Day was created to help bring awareness and support for environmental protection around the world. The official theme for 2024 is "Planet vs. Plastics." 2025 will be the 55th anniversary of Earth Day.



April 30: National Oatmeal Cookie Day: Easy to make, delicious to eat. Bake and share a healthy oatmeal cookie today (or any day).

Wellness tips for April, especially focusing on Earth Day and embracing the benefits of spring, including sunlight, warmth, and growth:

Celebrate Earth Day: Connect with Nature

- **Outdoor Activities:** Spend time outdoors to connect with nature. Whether it's a nature walk, hiking, or simply sitting in a park, immerse yourself in the beauty of the natural world.
- **Eco-Friendly Habits:** Adopt eco-friendly habits, such as reducing waste, using reusable items, and practicing mindful consumption. Small changes collectively make a significant impact.

Sunshine and Vitamin D: Boost Your Mood

Morning Sun Exposure: Take advantage of the increasing daylight. Start your day with some morning sunlight exposure to enhance mood and regulate your circadian rhythm.

- **Outdoor Workouts:** Move your workouts outdoors. Whether it's jogging, yoga, or outdoor sports, exercising in the natural light can be invigorating.

Spring Clean Your Lifestyle: Mind and Body

- **Declutter Your Space:** Use the energy of spring to declutter your living space. A clean environment can positively impact your mental well-being.
- **Mindful Eating:** Embrace fresh, seasonal produce. Spring is a great time to focus on a colorful, plant-based diet for a nutrient boost.

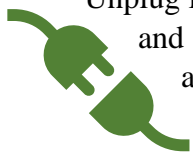


Gardening for Growth: Nourish Your Mind

- **Planting and Gardening:** Consider starting a small garden, whether indoors or outdoors. Planting and nurturing new life can be a therapeutic and fulfilling activity.
- **Mindful Practices:** Engage in mindfulness or meditation sessions amid nature. It could be in your garden, a local park, or even a quiet corner with a potted plant.

Digital Detox: Reconnect with the Present

Unplug for a Day: Take a break from screens and spend a day unplugged. Engage in activities that don't involve technology to foster a sense of presence and mindfulness.



Quality Time with People you Like: Use the warmer weather as an opportunity to spend quality time with friends and family. Plan outdoor picnics, walks, or gatherings.

Simple Ideas for April Activities

- Weekly Clean-Up Challenges
- Nature Walks and Clean-Up Days
- Community Garden Initiatives
- Recognizing the Importance of Personal Retreats
- Mindful Practices within Personal Spaces
- Creating Your Sanctuary for Relaxation

Creating Your Peaceful Spaces

- Personal Nature Retreats and Outdoor Activities
- Incorporating Personal Hobbies for Relaxation
- Create a Tranquil Corner at Home



Simple April Activities

- Weekly Personal Clean-Up Challenges
- Solo Nature Walks and Clean-Up Days
- Personal Garden Initiatives and Plant Care



Happy Earth Day!

For more information about wellness resources, contact pswarbrick@cspnj.org or check out our website at cspnj.org/wellness-institute