

WORDS OF *Wellness*

June 2024

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

Men's Health Month: June is recognized as Men's Health Month, aiming to raise awareness about men's health issues and encourage men to prioritize their well-being. It's a time to promote healthy lifestyles, regular check-ups, and disease prevention strategies among men of all ages.

National Safety Month: Sponsored by the National Safety Council, National Safety Month focuses on raising awareness about preventing injuries and accidents in various settings, including workplaces, homes, and communities. It's a reminder to prioritize safety measures and promote healthy practices to reduce the risk of accidents and injuries.

Great Outdoors Month: June is designated as Great Outdoors Month in the United States, celebrating the beauty and benefits of outdoor recreation. During June we hope you will consider exploring nature, engaging in outdoor activities such as hiking, camping, fishing, and/or connecting with the natural world for physical and emotional wellness.

World Environment Day (June 5th):

World Environment Day is a global observance that raises awareness about environmental issues and promotes actions to protect and preserve the planet. It's an opportunity to participate in eco-friendly activities, such as recycling, planting trees, reducing waste, and advocating for sustainable practices.

National Hydration Day (June 23rd):

National Hydration Day emphasizes the importance of staying hydrated, especially during the hot summer months. It's a reminder to drink an adequate amount of water throughout the day to maintain proper hydration levels and support overall health and well-being.

International Day of Yoga (June 21st):

The International Day of Yoga celebrates the ancient practice of yoga and its numerous benefits for physical, emotional, and spiritual health. It's a time to participate in yoga classes, workshops, and events, and to promote the practice of yoga for stress relief, flexibility, strength, and inner peace.

Some Wellness Ideas for June:

Embrace the joys of summer by indulging in seasonal activities and traditions. Whether it's building sandcastles at the beach, watching fireworks, or enjoying a refreshing ice cream cone, savor the simple pleasures of the season.

Practice self-compassion by treating yourself with kindness and understanding, especially during challenging times and stress related to seasonal changes and warmer weather.

Practice active listening and empathy in your interactions with others, seeking to understand and support their experiences and emotions.

"Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another." - Alfred Adler

Practice mindfulness and meditation to cultivate awareness of your thoughts and emotions, allowing you to respond to them with greater clarity and compassion.

"The present moment is filled with joy and happiness. If you are attentive, you will see it." - Thich Nhat Hanh

Take a moment each day to reflect on the things you're grateful for. Practicing gratitude can help shift your focus to the positives in your life and promote a sense of happiness.

Celebrate the Summer Solstice:

Mark the official beginning of summer by celebrating the summer solstice. Consider hosting a [summer solstice party](#) or gathering with friends and family. You can incorporate seasonal foods, drinks, and activities such as bonfires, barbecues, looking at the stars in the evening.

Set Summer Goals:

Take some time to reflect on what you hope to accomplish or experience during the summer months. Set goals for yourself, whether they're related to fitness, personal growth, or simply enjoying the season to the fullest.

Embrace Outdoor Living:

Prepare your outdoor spaces for relaxation and enjoyment. Set up comfortable seating areas, invest in outdoor lighting for evening ambiance, and consider adding amenities such as a hammock, fire pit, or outdoor kitchen.

By taking these steps to prepare for and mark the transition into summer, you can ensure that you're ready to make the most of the season and create lasting memories with people you care about, and they care about you.