

WORDS OF *Wellness*

July & August 2024

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

Physical Wellness:

Take advantage of the longer daylight hours and warmer temperatures by engaging in outdoor exercise activities such as hiking, biking, swimming, or jogging in the park. Exercise not only benefits physical health but also boosts mood and reduces stress.

Organize picnics with friends or family in scenic outdoor locations. Pack healthy, nourishing foods such as fresh fruits, vegetables, sandwiches, and salads, and enjoy a leisurely meal together amidst nature.

- Plan to be active outdoors by engaging in activities like hiking, swimming, or outdoor yoga.
- Hydrate frequently, especially when spending time outdoors in the summer heat, to support optimal physical function and prevent dehydration.
- Protect your skin from UV rays while working outdoors by wearing protective clothing, wide-brimmed hats, and applying sunscreen regularly.

Intellectual Wellness:

Take advantage of outdoor learning opportunities, such as nature walks or outdoor workshops, to stimulate creativity and critical thinking. Challenge your mind with puzzles, brain games, or reading while enjoying the fresh air in outdoor settings.

Environmental Wellness:

Nature Walks: Spend time in nature by going for leisurely walks or hikes in nearby parks, forests, or nature reserves. Enjoy the sights, sounds, and smells of the outdoors while enjoying the beauty of natural surroundings.

Beach or Lake Days: Plan a day trip to the beach or lake to soak up the sun, swim, or simply relax on the sand. Pack a picnic lunch, bring along some beach games or a good book, and enjoy a day of fun and relaxation by the water.

Stargazing: Spend warm summer evenings stargazing in open fields or at designated stargazing spots. Bring a blanket, telescope, or binoculars, and marvel at the beauty of the

National Park and Recreation Month

(July): Sponsored by the National Recreation and Park Association, this month encourages people to explore outdoor activities and enjoy the benefits of parks and recreational facilities for physical and mental well-being.

Wellness ideas to consider as you adjust your July and August routines, so you can make the most of the warmer weather and prioritize self-care.

National Wellness Month (August): This month-long observance encourages individuals to focus on self-care, stress management, and adopting healthy habits for overall wellness.

National Relaxation Day (August 15th): This day serves as a reminder to take a break from the stresses of daily life and engage in activities that promote relaxation.

National Immunization Awareness Month (August): Sponsored by the Centers for Disease Control and Prevention (CDC), this month aims to highlight the importance of vaccination for people of all ages to prevent serious illnesses and promote public health.

Specific Ideas to Celebrate National Relaxation Day on August 15th:

Digital Detox: Take a break from electronic devices and screens for a few hours. Disconnect from social media, emails, and notifications, and instead focus on connecting with yourself and be you care about/people who care about you.

Bubble Bath: Treat yourself to a bubble bath with soothing essential oils, bath salts, or bath bombs. Consider play calming music and /or indulging in some self-care pampering.

Reading: Escape into a good book or listen to an audiobook that transports you to another world. Choose a genre that you find relaxing, whether it's fiction, poetry, or non-fiction.

Creative Expression: Engage in a creative activity that brings you joy and relaxation, such as drawing, painting, coloring, or crafting. Let your imagination flow freely without any pressure or expectations.

Journaling: Set aside time so you can journal your thoughts, feelings, and reflections. Write about things you're grateful for, positive affirmations, or simply jot down whatever comes to mind to help clear your mind and relieve stress.

Gardening: Spend time tending to your garden or indoor plants. Digging in the soil, planting flowers, or simply watering your plants can be therapeutic and grounding activities.

Nap: Allow yourself to take a refreshing nap if you're feeling tired or sleep deprived as a short power nap can help you recharge and improve your mood.



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