



JULY

Did you know... that July is International Self-Care Month?

Self-Care Day

The World Health Organization (WHO) recognizes June 24th – July 24th as Self-Care Month, with July 24th being International Self-care Day. July 24th (7/24) was chosen as Self-Care Day to signify that self-care can be practiced 24/7. The WHO defines self-care as “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health-care provider.” If you engage in self-care, you are completing activities which support your overall health. According to the Self-Care Federation, self-care involves:

- Making healthy lifestyle choices
- Avoiding unhealthy lifestyle habits
- Making responsible use of prescription and non-prescription medicines
- Self-recognition of symptoms
- Self-monitoring
- Self-management

Examples of Self-Care

Participating in self-care can help to improve both your physical and emotional health, and there are many ways to do so. Some examples of self-care activities include:

- Meditate for 10 minutes
- Cook a healthy meal
- Move your body via walking, running, or lifting weights
- Read a book
- And more!

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If you're looking to start your self-care journey, Wellbeats can help! Whether it be through meditation, physical exercise, or simple breathing exercises, Wellbeats can guide you on your path to becoming a self-care expert. The below self-care classes from Wellbeats are a great way to get started:

- **Yoga for Self Care**
- **Time for a Reset**
- **Meditation for Self Love**

Works Cited

- <https://www.who.int/news-room/events/detail/2024/06/24/default-calendar/self-care-month-2024>
- <https://www.selfcarefederation.org/what-is-self-care>
- <https://www.goodrx.com/health-topic/mental-health/self-care-ideas-activities>

Download the Wellbeats Wellness app or go to portal.wellbeats.com to get started, or by scanning the QR code!

