

JUNE 2021

Let's Celebrate Global Wellness All Month!

More About Global Wellness Day (GWD)

GWD was first celebrated in 2012, and over 150 countries and 8,000 locations celebrate this day each year - with events ranging from a 45K marathon to the medical care of children at the Myanmar-Thailand border. From international government institutions to mayors, associates rally in support of GWD in places like India, the U.S., Canada, Ireland, Nigeria, Mexico, Costa Rica, Aruba, Turkey, Serbia, Brazil and many more. This year, GWD falls on Saturday, June 12th.

Recognize Various Concepts of Your Personal Wellness:



Holism

Your wellbeing is impacted by several dimensions of your overall life, including physical, emotional, social, spiritual and cultural wellbeing. The dimensions of your life are interrelated and you must constantly seek to improve within each.



Balance

Create balance in your life by giving significant attention to each dimension of it. Lack of focus on any particular aspect can result in unhappiness and unhealthy behaviors.



Self-Responsibility

A 'well person' does not allow others to control their decisions or happiness. This concept is fundamental to becoming more aware of how your actions impact your life.



Positive and Proactive

Personal wellness requires you to think positively to maintain happiness and self-esteem. Be proactive about your decisions and TAKE CARE OF YOURSELF!

In order to make wellness a lifestyle, Global Wellness Day aims to adopt the following seven simple steps:

1. Walk for an hour
2. Drink more water
3. Don't use plastic
4. Eat healthy food
5. Do a good deed
6. Have dinner with loved ones
7. Go to bed by 10 PM

Remember!

- Wellness is an inherent right of each individual - it's not a luxury
- We all need more education and motivation to be healthy and stay healthy
- Wellness is an active and dynamic process of making a better decision each time you have the choice
- It's important to learn more about what folks are doing globally to stay healthy and well