

# Wellness Institute Monthly Calendar

## February 2022



### February: Short Month

As everyone knows, February has fewer days than any other month, even in a Leap Year!

We don't get that extra day in 2022 (the next Leap Year will be 2024).

On the other hand, in the Northern Hemisphere, February can seem like a very long winter month, when people get cabin fever and yearn for spring.

February is also a good month to increase your awareness your overall wellness and make positive changes to support your physical wellness, since it's [American Heart Month](#).



### Week 1: February 1-5

**February 4** is Rosa Parks Day, a holiday in honor of the civil rights leader Rosa Parks on her birthday

**Feb 4** is also National Wear Red Day®, celebrated each year on the first Friday in February, to bring greater attention to heart disease as a leading cause of death for Americans.

Join [@TheHeartTruth](#) this [#HeartMonth](#) to spread the word that when we take time daily to be heart healthy, those small acts help protect [#OurHearts](#).

Learn about and help raise awareness to prevent [heart disease in women](#).

### Week 2: February 6-12

**February 7** National Send a Card to a Friend Day

Consider an e-card to reduce costs (financial wellness) and paper waste (environmental wellness).

**February 11** National Make a Friend Day

Smile. Introduce yourself to a neighbor or someone you see often but don't know. Invite a co-worker or other acquaintance out for coffee or for a winter walk. Join an online group on a topic that interests you. Build your social wellness.

**February 11** National Shut-In Visitation Day

Visit someone who would appreciate the mood lift that a visit can provide. You likely have neighbors, friends, or family who would love a visit—in person or virtual!



**To be one, to be united is a great thing. But to respect the right to be different is maybe even greater. ~ Bono**

### Week 3: February 12-19

#### **February 14** Library Lovers Day

If you don't have a library card, get one! These days you can often access magazines and books (including audiobooks) on your smartphone or computer. Many libraries support meetings of interest groups and compile info on local happenings. For a smile, Google "librarian humor" and check out the images.

This week also is *Alzheimer's Disease and Dementia Care Staff Education Week*

#### **February 18** is National Caregivers Day

Thank a caregiver today (and every day).

This week also is *Random Acts of Kindness Week*

#### **February 17** is Random Acts of Kindness Day

Relax by doing a [coloring page](#) to keep or share: "Make Kindness the Norm!"

You can find lots of other ideas and resources, and ways to become a RAKtivist® at:

<https://www.randomactsofkindness.org/>

### References

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You can find lots more special days on various online sites such as <https://nationaltoday.com/>

### February 21 - 27

#### *National Eating Disorders Awareness Week*

Join the [annual campaign](#) to educate the public about the realities of eating disorders, and to provide support to people affected by eating disorders.



The last few days in February aren't really a week of their own, but it's a good time to enjoy the longer days and hope for spring.

You can find other wellness resources and *Words of Wellness* newsletters at our [website](#).

Be sure to click on "Wellness Institute" in the banner to see the full list of information and resource pages.



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