

# Wellness Institute Monthly Calendar

July 2022



## Celebrate July!

Who wouldn't want to celebrate National Cell Phone Courtesy Month? If you wonder what counts as good cell phone etiquette, check out this short video by [Jacqueline Whitmore](#), who suggested July as a time to focus on cell phone courtesy." She says, simply, "Put people first, technology second!"



July is also National Picnic Month. Your local supermarket chain and your state Extension may be able to provide tips for what to take and how to keep your food safe. For example, [Sparkle Markets](#) has tips that include packing frozen water bottles to keep food cold and provide cold drinks!

Enjoy your picnic as part of Park and Recreation Month. Find out more [here](#).

Invite someone to join your picnic, since July also is Social Wellness Month. For social wellness resources, visit the Wellness in Recovery (WinR) [resources page](#).

World Watercolor Month: The challenge is to paint a watercolor every day. For tips and inspiration, visit the [Artists Network](#). Maybe your public library or other local site is holding a painting event. Maybe paint a picnic?

## Week 1: July 1 - 2

**July starts with a short two-day week.**

**July 2** is "I Forgot Day." Call, text, or send a card to people you care about even though you forgot to wish them a happy birthday or send them a greeting on another special day that has passed by.

## Week 2: July 3 - 9

**July 3 National Eat Your Beans Day**

Dried beans are a useful pantry staple that's good for your budget and good for your body. Not sure how to cook them? Many recipes are available online. You might want to start with the ones from the [Helping Hands Foodbank](#) (Washington State).

**July 7 Tell The Truth Day**

To tell the truth, the origins of this special day are not entirely clear! The intent is to spend a full day focused on truthfulness, avoiding even those little white lies that are so common but so often unnecessary. This doesn't mean you should say everything you think out loud. Be thoughtful and considerate in your choice of words, but honest—at least for this one day!



### Week 3: July 10 - 16

#### July 11 National Cheer Up Day

Send a card or visit someone who may be lonely. If you are lonely reach out to a friend family or co workers.

### Week 4: July 17 - 23

#### July 18 Nelson Mandela International Day

This is a day for taking action and inspiring change to make a difference in your community. The [United Nations](#) says, “Everyone has the ability and the responsibility to change the world for the better.”

The [theme for Mandela Day 2022](#) is “Do what you can, with what you have, wherever you are.” Follow the theme link to find suggestions for simple actions you can take this day or any day to make a difference.

#### July 18 World Listening Day

Pay attention to the sounds around you—this is your “sonic environment.” Learn more about the World Listening Project 2022 theme: [Listening across boundaries](#) and activities from past years.

#### July 20 World Jump Day

Get ready, get set, JUMP! But wait—this world-wide [jumping event](#) happens at exactly 11:39:13 GMT, which translates to 6:39:13 AM in Eastern Daylight Time. The original idea of the day was that if millions of people on one side of the earth jumped at the same time, it could move the Earth farther from the sun and reduce global warming. Since that won’t actually work, then just jump for fun and as a way to raise **awareness of climate change**.

#### July 22 National Hammock Day

If you have a hammock, this gives you an excuse to kick back and take a load off! If you don’t have an actual hammock, you can still put your feet up.

### Week 5: July 24 - 30

#### July 30 Paperback Book Day

Read a real book! Beg, buy, or borrow a paperback or give one away! Enjoy!

#### References and Resources

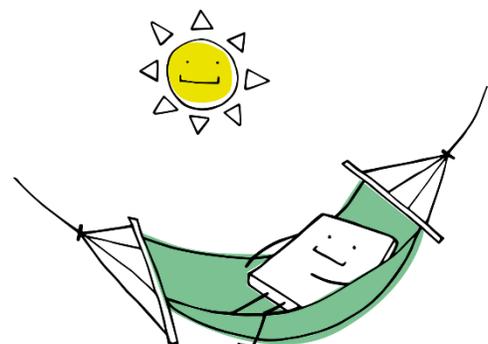
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Want to know more about telling the truth? Here are some books on the subject:

- Dan Ariely (2013) *The (honest) truth about dishonesty*.
- Sissela Bok (1999) *Lying: Moral choice in public and private life*.
- Sam Harris (2013) *Lying*.

For more fun days to celebrate:

- <https://www.angiegensler.com/july-holidays/>
- <https://nationaltoday.com/july-holidays/>



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