

FOR IMMEDIATE RELEASE

For more information, contact: Valori Stone

Family & Community Wellness Agent, Wildcat Extension District

valori@ksu.edu, 620-378-2167

Prioritizing Self-Care: National Wellness Month

August is National Wellness Month, a time dedicated to focusing on self-care, stress management, and building healthy routines. Whether it's improving your physical fitness, enhancing mental health, or simply slowing down to rest and recharge, this month reminds us of the importance of nurturing overall well-being.

Wellness is more than just being free from illness. It's an active process of making choices toward a healthy and fulfilling life. It encompasses many areas, including physical, mental, emotional, and even social health.

When we prioritize wellness, we're better equipped to handle life's challenges, stay productive, and enjoy deeper relationships. Research shows that self-care practices can reduce stress, improve sleep, boost immune function, and reduce the risk of chronic illnesses.

Ways you could celebrate National Wellness Month are to try a new fitness class, schedule your health screenings, go for daily walks, or stretch during breaks at work. Be sure to hydrate regularly, incorporate more fruits, vegetables, and whole foods into your meals. Practice gratitude by taking time to reflect on what you're thankful for. Spend time outside and with loved ones through a coffee date or volunteering. Prioritize Mental Health with journaling, talking to a counselor, or meditating.

Wellness doesn't require a complete lifestyle overhaul. Small, intentional habits when practiced regularly can make a big impact. Use National Wellness Month as a motivation to start new routines that support a healthier, happier you.

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