

**SAFETY
MATTERS**
RISK
MANAGEMENT
NEWSLETTER

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JAN. 10, 2025

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NATIONAL STAYING HEALTHY MONTH

OBJECTIVE January is National Staying Healthy Month! Kick-off a new year with a renewed focus on your mind, body, and health.

January is National Staying Healthy Month! Kick-off a new year with a renewed focus on your mind, body, and health. This month-long observance encourages individuals to take proactive steps to enhance their physical, mental, and emotional health, while also inspiring communities and workplaces to embrace wellness practices year-round. Additionally, National Staying Healthy Month is an especially valuable reminder of the importance of self-care and the role educators play in fostering healthy habits for students, families, and the broader community.

WHAT IS NATIONAL STAYING HEALTHY MONTH?

National Staying Healthy Month, established in 1983, is dedicated to encouraging individuals to take proactive steps toward a healthier lifestyle. This observance goes beyond physical health, serving as a reminder to focus on mental well-being, stress management, and fostering strong relationships.



With increasing concerns about mental health and rising obesity rates in our nation, National Staying Healthy Month acts as a call to action to prioritize comprehensive wellness.



WHY IS IT IMPORTANT

For educators, National Staying Healthy Month is especially relevant. Teachers, administrators, and staff play a vital role in shaping the lives of students. When educators prioritize their own health, they model healthy behaviors for their students, contributing to a positive school culture and environment.

Furthermore, educators often face high levels of stress and burnout, making wellness initiatives critical for their long-term success and well-being. Schools and community colleges that foster wellness are better equipped to promote student success and create a more supportive, productive educational environment.

By focusing on health in January, National Staying Healthy Month offers an opportunity to reset for the year ahead. This is a time to reflect on how wellness can enhance productivity, improve mood, and boost overall quality of life, both inside and outside of the classroom.

WAYS TO CELEBRATE AND INSPIRE OTHERS TO STAY HEALTHY

Scale Back - Work-Life Balance

As we enter a new year, it's essential to reevaluate our work-life balance. Start by identifying areas where you can streamline tasks and reduce stress. Consider setting boundaries around work hours, such as defining a cut-off time for emails and calls. Prioritizing time for yourself, family, and friends can significantly enhance your overall well-being. Remember, a balanced life leads to improved productivity and mental clarity.

Physical Health

Physical health is foundational to overall well-being. This January, commit to incorporating regular physical activity into your routine. Whether it's a daily walk, joining a gym, or participating in community sports, find activities that you enjoy. Additionally, pay attention to your nutrition. Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Staying hydrated and getting enough sleep are also key components of maintaining physical health.





Mental Health

Mental health is just as critical as physical health. Engage in activities that promote mental well-being, such as meditation, yoga, or journaling. Set aside time for relaxation and mindfulness practices. Consider seeking support through counseling or therapy if necessary and maintain connections with friends and family to foster emotional support. Remember that taking care of your mind is a vital part of staying healthy.

Human Connection: Inspire Others to Stay Healthy

One of the most powerful ways to maintain your health journey is by involving those around you. Share your goals with family and friends to create an accountability network. Or sign up with a fitness application, many are available online or free through your employer. Encourage others to join you in healthy activities—whether it's a fitness class, cooking nutritious meals together, or simply taking a walk. By inspiring one another, you can build a community that values health and well-being, reinforcing your collective commitment to staying healthy.

By focusing on these highlights throughout National Staying Healthy Month, you can kick off the year with a renewed commitment to your health and well-being. Embrace the journey and enjoy the positive changes that come with it!

This California Schools JPA fact sheet is not intended to be exhaustive. The discussion and best practices suggested herein should not be regarded as legal advice. Readers should pursue legal counsel or contact their insurance providers to gain more exhaustive advice.



RESOURCES

[National Staying Healthy Month](#)

[Employee Benefits](#)

[Employee Benefits Plans](#)

[CSEBA Wellness - Limeade](#)

[California Schools JPA](#)

[Active & Fit Direct](#)

[Calm](#)

[California Health and Human Services](#)

[BrightLife Kids - A CALHOPE Program](#)

[NAMI](#)

