

June is [National Safety Month](#), [Men's Health Month](#), and [Pride Month](#)

You can find the best resources by clicking the names above.

June 5 - World Environment Day

Think twice about throwing away that piece of paper and walk yourself right on over to the recycling bin! [#WorldEnvironmentDay](#) [#recycle](#) [#reduce](#) [#reuse](#) [#earth](#)

June 8 - National Best Friend Day

Pick up the phone and wish your bestie a Happy National Best Friend Day!
[#nationalbestfriendday](#) [#NBF](#) [#bff](#) [#besties](#)

June 14 - Flag Day

Reminder: You can **give your worn-out American flags to the American Legion** or Boy / Girl Scouts, where they will burn the flags in a formal ceremony on this day.

June 19 - Father's Day

Happy Father's Day, Dads! Share your best **dad jokes** with us.

June 19 - Juneteenth

Get out and celebrate a Juneteenth parade, cookout, or concert. [#juneteenth](#)

June 21 - First Day of Summer

Get ready for grilling season with [these classic recipes](#) for all of summer's outdoor entertaining days.

June 27 - PTSD Awareness Day

Learn what the [symptoms and causes of PTSD](#) can look like and **understand the resources and treatments** offered to someone struggling.

FOOD & DRINK

What's in season? Apricots, blueberries, cantaloupe, cherries, corn, kiwi, lettuce, mangoes, peaches, strawberries, Swiss chard, watermelon, and zucchini.

Post for 6/3 - Try an [egg-citing recipe](#) with eggs today. #nationaleggday

With in-season ingredients, a **crispy green salad** is the ultimate summer side or a meal on its own. Check out these [fresh ideas](#) from The Modern Proper.

Post for 6/7 - Today is **National Chocolate Ice Cream Day!** It's America's #1 flavor. Is it yours?

Strawberries are in season, and we can't wait to try this [Strawberry Coconut Smoothie Bowl](#).

Need a new afternoon snack idea? Try mashed avocado + lime + salt + pepper. Serve with jicama sticks and sliced bell peppers.

Wondering what to feed your vegan friends at your next barbecue? [Wonder no more!](#)

Don't cancel pasta night! These [easy and healthy recipes](#) are a reminder that carbs are not the enemy.

An easy and refreshing kabob for **summer BBQs** - Skewer lettuce, tomatoes, cucumber, feta, olives, and pepperoncini. #nomnom #BBQ #summer #kabob

Cantaloupe is a delicious and nutritious fruit that is in season. These [refreshing recipes](#) are just what summer ordered!



LIFESTYLE

Be sun smart! **Apply a shot glass worth of sunscreen** 15-30 minutes before heading outdoors. If you are at the beach, you may need more.

Post for 6/17, National Flip Flop Day – **Are flip-flops bad for your feet?** According to the American Podiatric Medical Association, flip-flops offer no arch support, heel cushioning, or shock absorption, and that can lead to overuse of tendons and muscles in your feet, hips, ankles, knees, and back!

HDPE, PVC, LDPE, 3, 6, 7! Ugh. What does all of this mean? Martha Stewart breaks the [plastic recycling symbols](#) down for us. Thank you! #worldenvironmentday

More than likely, you've heard or seen coyotes in your neighborhood. Coyotes tend to avoid humans, but if one gets too close, you'll need to know these [hazing techniques](#).

Are you making fresh squeezed lemonade for your summer cookout? Add a few drops of **beet juice** to make it pink!

June 24 is Take Your Dog to Work Day. Share your photos of you and your pup at work with us. #TakeYourDogToWorkDay

It's time to prepare for your summer road trips and pack those [emergency car kits](#) in the trunk.

[Download this summertime bingo PDF](#) and start checking off these warm-weather activities.

Many of us will take to the waters this month. Learn how to enjoy the water safely and download this [American Red Cross App](#). **Just text "SWIM" to 90999.**



COMMUNITY

Get certified in mental health first aid and help others in times of crisis. Visit www.mentalhealthfirstaid.org to learn more.

Shop local! It's farmers market season. #farmersmarket #shoplocal #eatlocal #supportlocal #buylocal #organic #farmer

In honor of #WorldEnvironmentDay, plant a sapling tree with friends and family. Then take a selfie with your newly planted tree and share it on social media with #SelfiewithSapling.

If you're planning a party or get-together this summer, **use plant-based, compostable, upcycled single-use plates**, cups, and napkins instead of the plastic ones.

Protect yourself from scammers and be wary of false urgency. They will create a sense of urgency to persuade you to do what they're asking. If someone tries to convince you that you must act now, think twice!

Every time we look at our phones, it seems something terrible has happened. Here's how to [monitor current events](#) in a healthy way.



HEALTH

Social media is an inescapable part of our daily lives. For many, it's a mental escape. For others, it leads to depression, anxiety, or self-harm. [Read on to learn how to prevent social media from destroying your mental health.](#)

Some men in our lives don't look after themselves very well. Take your dad, brother, uncle, grandfather, significant other, or best friend to the doctor. #nationalmenshealthmonth

June is National Great Outdoors Month. Plan a camping trip, make a trip to the beach, or sleep out under the stars. #mentalhealth #shiftyourmindset #selfcare

Summer health challenge - **Eat a different vegetable every day for a month!** You might find something new you really like.

Foods with long-lasting carbohydrates and proteins provide the best energy sources. So if you're feeling sluggish, [try one of these energy boosters.](#)

If you're spending a great deal of time outdoors on those warm sunny days, be careful. **Sun poisoning is very serious matter!** [Here's how to spot the signs.](#)

Don't let your next cookout make you sick. [Read up on the ways](#) to prevent food poisoning.

[Fight discrimination with perspiration](#) during **Pride Month** and sweat for 21 minutes a day!

Be a lifesaver with [PulsePoint](#). This 911-connected app can immediately inform you of emergencies in your community and request your help where CPR is needed.



PARENTING

Spending Friday night at home with the family? Set up a **build-your-own hot dog bar**, play yard games, watch an outdoor movie, or gaze at the stars. It's summer. Enjoy it!

The ultimate **summer bucket list** to make lasting family memories [is right here!](#)

Don't let an afternoon outside make you itchy and uncomfortable for weeks. [Spot the difference between outdoor poisonous plants](#) and keep you and your kids out of harm's way.

Never run out of ideas to **keep the kiddo's entertained** this summer with [these fun crafts](#) for children of all ages.

Talking to your children about today's headlines can be difficult. The book, [What to Do When the News Scares You: A Kid's Guide to Understanding Current Events](#) may help.

Summers are made for sleepovers! Your kids will have a blast with their friends while playing one of these [games for tweens and teens](#) using items you already have.

Have your kids [color a picture](#) for Dad this Father's Day because **homemade gifts are the best!**

Throw a backyard bubble party. Make your own bubbles and head outside with a [homemade bubble wand](#). You can also try straws, cups, or fly swatters!

Grab the kids and help support biodiversity in your garden or yard by making a [bug house](#).

#OnePillCanKill – Parents need to know what **emojis their children use for drug codes**. The DEA has created [this helpful chart](#), so you decipher them.

MEMBERSHIP

Create a few fitness demonstration videos aimed toward men for **#MensHealthMonth**

It's never too late to learn how to swim. The YMCA has long been everyone's favorite swim instructor. Check our class availability, and register soon!

International Yoga Day is June 21. **Yoga can relieve back pain**, ease arthritis symptoms, and help you sleep better. Get centered and join the Y today!

Stop making excuses! Someone busier than you is working out right now. **Join the Y and get started on your fitness journey today.**

Can't get to the Y? Target every muscle group with this [push-pull workout](#) for all fitness levels right at home.

Post for 6/4 - Ask the dietitian: There are so many different cheeses. Which ones are the healthiest? **#nationalcheeseday**

During Men's Health Month, hang posters to raise [awareness for prostate cancer](#) and collect funds for prostate cancer research.

Share bio videos of this Summer's YMCA Lifeguards. It's a great way to **introduce your staff** and show off your pool!

Did you know we have summer camps, overnight camps, and specialty camps? Check what's available and see what would work best for your kids! ([Link to your Ys Camp URL](#))



TRIVIA

Post for 6/21, #nationalselfieday –

On any given day, how many selfies are taken? A. 39 million B. 92 million C. 327 million

Answer: 92 million

Hg is the chemical symbol of which element?

Answer: Mercury

In what state did the first official American baseball game take place?

Answer: New Jersey

Ants are America's worst pest and picnic ruiner. How much weight can an ant lift?

Answer: 50 times its weight

What is the name of the boat in *Jaws*?

Answer: Orca

Globe and Jerusalem are types of what?

Answer: Artichoke

What national competition was first held on June 17, 1925?

Answer: The National Spelling Bee

Which three fresh fruits outsell all others during the summer?

Answer: Watermelon, tomatoes, and peaches

Which ocean-dwelling creature are you most likely to see sunbathing?

Answer: Sea lions.



INSPIRATION

"You can't depend on your judgment when your imagination is out of focus." ~ Mark Twain

"A fit, healthy body – that is the best fashion statement." ~ Jess C. Scott

"I don't work out because I hate my body, I workout because I love my body." ~ Unknown

"Live in the sunshine. Swim in the sea. Drink in the wild air." ~ Ralph Waldo Emerson

"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed." ~ Martin Luther King Jr. #juneteenth

"A single sunbeam is enough to drive away many shadows." ~ St. Francis of Assisi

#MondayMotivation - Today it hurts, tomorrow it works!

B.E.A.C.H.: Best Escape Anyone Can Have.

"A good friend is like a four-leaf clover; hard to find and lucky to have." ~ Irish Proverb
#NationalBestFriendDay

"Study nature, love nature, stay close to nature. It will never fail you." ~ Frank Lloyd Wright

Push yourself. No one else will do it for you.