

W2 Monthly Communications Update

July 2023

Key Topics

This month you should be focusing your efforts on **Physical Optimization** and **Sleep, Stress and Resiliency**. Visit the following links for resources on these areas:

Physical Optimization: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Physical-Optimization/>

Sleep, Stress and Resiliency: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Sleep-Stress-Resiliency/>

Additionally, W2 will showcase two handouts for July, (1) **Gardening and Yardwork Safety** and (2) **Open Water Safety** and two posters, (1) **Open Water Safety: A Guide for Staying Out of Harm's Way** and (2) **Summer Safety: A Guide for Heat-Related Injury Prevention**. This content will be published to the Warfighter Wellness website and linked from social media.

Health Observances

Daily:

- 04 July – Independence Day
- 24 July – International Self Care Awareness Day
- 25 July – Drowning Prevention Day
- 28 July – World Hepatitis Day
- 30 June – International Friendship Day

Weekly:

- National Therapeutic Recreation Week (09 July – 15 July)

Monthly:

- Social Wellness Month
- UV Safety Awareness Month

MHS Monthly Observances:

- N/A

Social Media

Each month you should complete **at least one** of the following items through your command's social media page:

- Like the W2 Facebook page: www.facebook.com/warfighterwellness/
- Follow the W2 Instagram account: www.instagram.com/warfighterwellness/
- Like, comment, or share a post from the W2 Facebook and/or Instagram page.