

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

JULY 2025

Mid Year Check In

Can you believe that we are already halfway through 2025? It can be beneficial to use some time this month to reflect on the first half of this year. Check in with yourself and the goals you set at the start of the year. Here are some things to think about when reflecting:

- Did you meet your goals?
- Is it time to set new goals?
- If you're still working towards something, how close are you to that end target?
- How realistic were the goals you set?
- Read back through your journal or social media posts to remind yourself how the year began and where you are now.
- What do you want to achieve during the second half of 2025?



Grillin' and Chillin'

July is considered National Grilling Month! This is a time to celebrate outdoor cooking. When we think of grilling we don't automatically think about self-care and mental or physical wellbeing, but this form of cooking can contribute to better health all around.

One of the easiest forms of self-care is being outdoors and doing something enjoyable. Outdoor cooking can involve both of these tasks. Also, when we think of grilling, we are usually bringing our meals back to basic whole foods and stepping away from processed ready to go meals. This form of cooking is also a great way to explore creativity by trying out new recipes and by brining typical stovetop and oven meals to the grill grates.

Whether you're a grill master or just trying out a small table top grill, get creative with your meats or veggies and celebrate National Grilling Month this July! Who knows, maybe you'll feel and see some improvements in your physical and mental health too.



Dates and Events

- 7/4 - Independence Day
- 7/4 - Symphony Under the Stars at Cocoa Riverfront Park
- 7/19 - Back to School Blast Off: School Supply Giveaway Event
- 7/21 - First day of school for year round BPS schools



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