

Dear _____,

We want to **#PawsToAppreciate** and extend a heartfelt thank you for your unwavering dedication and the remarkable work you do every day. Your commitment to animal health and to strengthening the human/animal bond is greatly appreciated and never taken for granted.

We understand that the demands of your profession can be overwhelming at times and can have an impact on your wellbeing. Fortunately, according to Merck Animal Health's fourth **Veterinary Wellbeing Study**, there has been a positive trend in veterinarian practices and in professionals taking a more proactive approach toward mental health. While many vet professionals still face challenges like burnout and work-life balance, nearly 75% express satisfaction with their careers.

We hope this number continues to grow.



To support your wellbeing and prioritize YOU, here are some helpful tips:

- ✓ **Prioritize family time.** It's so important to prioritize spending time with your family and friends to help decompress after a long, tiring, and emotional day—laugh and smile with them to help boost those endorphins.
- ✓ **Make time for short breaks.** Make sure to set aside some time—even if it's just a few minutes—to take a break and engage in healthy activities like a quick walk or meditation.
- ✓ **Get involved.** Try getting involved in programs that will support your mental health. [MentorVet](#) is a great organization to get involved in as it works to reduce burnout and improve overall wellbeing for veterinarian professionals.

Thank you for all that you do and the care you provide our pets. Don't forget to take care of yourself as well!

Warm regards,
