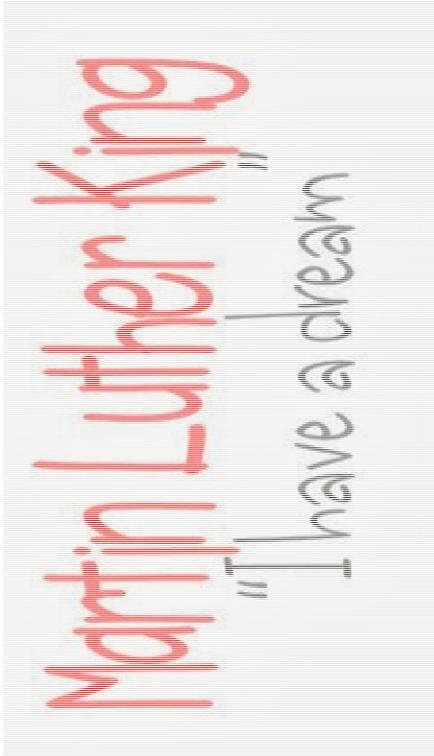


# FEBRUARY 2020

## I.T.S. Wellness Newsletter



### Five Reasons to Celebrate Black History Month

1. Black History Month honors historic leaders of the Black community, giving examples for our future leaders to strive.
2. Black History Month is an opportunity to learn about the diversity of our culture.
3. Celebrating Black History Month helps us understand what privilege is, so we can all be better stewards of the privileges we have been granted.
4. Celebrating Black History Month creates awareness about current needs in the Black community.
5. Black History is everyone's history!

### Spread the Love on Valentine's Day

Though intended to promote love, Valentine's Day can be a source of stress for some people. Those in relationships may worry about buying the right gift or planning the perfect grand gesture to express their feelings for their loved one, while those without partners may feel left out or lonely on Valentine's Day. Though the focus of the holiday is often on romantic relationships, you can celebrate Valentine's Day with or without a partner. Take the time to connect with the people who are meaningful to you all year whether it is a family member, friend, or any other person who has a meaningful role in your life. Research has shown that social interaction has a number of benefits to one's mental health and physical wellness. Simple acts such as offering to help a friend in need or calling to ask how their day was can improve your mood, increase feelings of self-worth, and strengthen the social supports that benefit us in times of crisis. Valentine's Day can also be a reminder to practice self-love. In our busy lives, we often forget to take time for ourselves. Use this Valentine's Day to catch up on rest, indulge in a special treat, or partake in an enjoyable activity.

**You are worth it!**

