

BLACK HISTORY month



Black History has been recognized in the month of February since the mid-1920s. Our collective struggle, steadfast perseverance, and unyielding resilience against systematic and institutional racism have come at a cost to our health and well-being.

These stresses are both seen and unseen and have impacted the health of generations in the African American community.

From being on the front lines during the pandemic to the egregious brutal beating of Tyre Nichols to the impact of food deserts in our communities these are all stark realities that take a toll on our collective health.

During the month of February, in celebration and commemoration of Black History Month, we will focus on Black Health and Wellness in a weekly informational series.

Mental Health Black Health and Wellness

High-functioning depression is common in our community, and it's easy to turn a blind eye to it. As Black people, we sometimes get so wrapped up in our work that we do not realize we are overworking and not taking care of ourselves. We think productivity = means we're okay. And it is okay not to be okay.

Historically Black people and African Americans believe that discussions about mental illness would not be accepted well among their social circles. The myths and stigma that surround depression have created needless pain and confusion and can keep people from getting proper treatment. Statements like "Why are you depressed? If our people could make it through slavery, we can make it through anything" are a part of the problem. We must change this narrative and make time to heal; getting help is a sign of strength, not weakness.

Ways to Protect Your Mental Health

Being outside in nature is relaxing. It reduces your stress levels and has been shown to lower your blood pressure and heart rate while increasing your mood and improving mental health. Whether walking in your neighborhood or strolling through a national park, a mental health break is right outside your door. To find a park near you, scan the QR code with your phone camera (or type in the URL [NPS.gov](https://www.nps.gov)) And, let's honor our health and wellness this Black History Month by taking time out for ourselves.

In Solidarity,

CWA Human Rights Department

