

Mahayana New Year

Mahayana New Year is celebrated on January 25, 2024 by Buddhists around the world.

Mahayana Buddhists observe the New Year at different times according to country and tradition, and Each region has its own customs and traditions for practicing Mahayana Buddhism.

Many celebrate it on the full moon day of January, usually mid-month. Others mark the New Year on the Lunar New Year or the secular date, January 1.

Translated to “Great Vehicle” in English, Mahayana is more than just a holiday – it represents a distinctive set of Buddhist practices and philosophies within one branch of Buddhism.

Mahayana is one of the two main branches of Buddhism and is mostly practiced in Northeast Asia — China, Japan, Tibet, Taiwan, Mongolia, and Korea.

Mahayana Buddhists believe that anyone, not just monks, can achieve enlightenment or everlasting Nirvana during their lifetime. The core idea is for everyone to seize the opportunity to attain enlightenment.

Mahayana aims for nirvana, similar to Theravada Buddhism, emphasizing that recognizing the illusion of the ego, causing pain and suffering, leads to enlightenment.

Believers mark the event with meditation and prayer, bathing statues of Buddha, visiting temples and lighting candles for good luck. They clean house, give gifts, feast with family and friends, and enjoy fireworks at midnight.





VIETNAMESE NEW YEAR (TET)

Vietnamese New Year, also known as Tet Festival, is the most significant festival of the year in Vietnam.

Tet, is an abbreviation for Tet Nguyen Dan, which is Vietnamese for the feast of the first morning of the first day of their calendar.

The Vietnamese celebration of lunar new year falls on February 10, 2024.

According to the Vietnamese zodiac, 2024 is the year of the dragon.

The dragon is known as “the holy one” and, according to [Vietnam Online](#), people born in the year of the cat are considered to be “born talented however arrogant and tactless.”

People in Vietnam and Vietnamese people around the world celebrate the new year with a festival that focuses on family, food and welcoming in good luck for the year to come.

Tet is also celebrated with parades, dances, and fireworks, as well as a lantern festival.

Tet is the most family-centered holiday, and Vietnamese people often travel and spend the holiday with their extended families.

Vietnamese people clean their homes before the festival to remove bad luck from the previous year.

Tet is also considered a lucky time of year for opening a shop or starting a new business.

The Vietnamese believe that the first visitors to a family determines their fortune for the whole year, and they like to invite someone of good morality to be the first ones visiting the house.



Ramadan

Ramadan is the ninth month of the Islamic lunar calendar and is considered the holiest month for Muslims. It is a holiday that holds great significance in Islam, fostering spiritual growth, empathy and community bonding.

Fasting - During Ramadan, Muslims fast from dawn to sunset. At sunset, the fast is broken with a meal called iftar.

Spiritual reflection - Ramadan is a time for increased devotion, self-discipline, and spiritual growth. Muslims focus on prayer, reading the Quran, and engaging in acts of kindness.

Prayer - Special nightly prayers called Tarawih are performed. These are additional prayers recited at night in congregation.

Laylat al-Qadr – “The Night of Power”, which falls within the last ten nights of Ramadan, is considered the night when the Quran was first revealed to Prophet Muhammad. It is a night of intense prayer and supplication.

Eid al-Fitr – Ramadan concludes with the celebration of Eid al-Fitr, a festive day marked by special prayers, feasting, and gift giving. It is a time of joy and gratitude.

Ramadan will begin on March 10th, 2024.



St. Patrick's Day



St. Patrick's Day is a lively celebration of Irish culture and heritage, marked by a sea of green and various festivities. It is named after Saint Patrick, the patron saint of Ireland, who is credited with bringing Christianity to the country. St. Patrick's Day is celebrated annually on March 17th, believed to be the death date of Saint Patrick in the 5th century.

Fun facts about St. Patrick's Day:

- Wearing green is a popular tradition to avoid getting pinched. The color is also associated with the lush green landscape of Ireland.
- Saint Patrick is said to have used the shamrock to explain the Holy Trinity (Father, son and the Holy Spirit).
- The first recorded St. Patrick's Day parade was held in New York City in 1762.
- Every year the Chicago River is dyed green for the occasion. The river dyeing event will take place on March 16th this year.
- A traditional meal for the day is corned beef and cabbage. The beverage of choice is Guinness and other Irish stouts.



World Day for Safety and Health at Work

April 28th (Annually)

2024 Theme: Impacts of Climate Change on Occupational Safety and Health

Ensuring Safe and Healthy Work in a Changing Climate

World Safety Day, also known as the World Day for Safety and Health at Work, is an annual international event observed on April 28th. It is organized by the International Labour Organization (ILO), a United Nations agency, to promote and raise awareness about the importance of preventing occupational accidents and diseases. The day aims to encourage governments, employers, employees, and stakeholders to collaborate and take action to reduce workplace accidents, injuries, and occupational diseases. The theme of World Day for Safety and Health at Work in 2024 is “**Impacts of Climate Change on Occupational Safety and Health.**”

The World Day for Safety and Health at Work aims to raise awareness about the importance of workplace safety and health. Here are some ways you can celebrate this day to promote a safe and healthy work environment and build a positive safety culture:

- Raising awareness
- Reinforcing Policies and Procedures
- Encouraging Open Dialogue
- Employee Engagement and Participation
- Share Information
- Recognize Safe Practices
- Continuous Improvement

Learn more about World Safety Day and what you can do to celebrate at <https://safetypedia.com/safety/world-day-for-safety-and-health-at-work/#world-day-for-safety-and-health-at-work-theme-2024>

Climate change disrupts weather patterns, posing significant risks to worker safety and health globally. These risks include:

- Heat stress:** Rising temperatures can lead to heat exhaustion and stroke, particularly for outdoor workers.
- Increased UV radiation:** Stronger sunlight exposure increases the risk of skin cancer and eye damage for outdoor workers.
- Worsened air pollution:** Climate change can exacerbate existing air pollution or create new sources, leading to respiratory problems for workers.
- Extreme weather events:** Floods, hurricanes, and other severe weather events can cause workplace accidents and injuries.
- Industrial accidents:** Climate change may increase the risk of major industrial accidents due to extreme weather events or infrastructure damage.
- Vector-borne diseases:** Rising temperatures and changing weather patterns can create favorable conditions for mosquitoes and other insects, leading to an increase in diseases like malaria and dengue fever.
- Chemical exposure:** Climate change may disrupt the storage and transportation of hazardous chemicals, increasing worker exposure risks.

Climate Change and Mental Health

Climate change isn't just a threat to our environment and physical health; it's also having a significant impact on our mental wellbeing. Here's a breakdown of the key connections:

- Increased Stress and Anxiety:** Witnessing extreme weather events, rising sea levels, and the destruction of ecosystems can be incredibly stressful and anxiety-inducing.
- Loss and Displacement:** Climate change can lead to loss of homes, livelihoods, and even loved ones due to disasters or forced migration. This can trigger grief, depression, and post-traumatic stress disorder (PTSD).
- Eco-Anxiety and Ecological Grief:** These terms describe the chronic worry and emotional distress associated with climate change. People may experience a sense of loss for the environment they cherish and fear for the future of the planet.
- Uncertainty and Fear:** The unpredictable nature of climate change and the looming threat of future disasters can create a constant sense of fear and uncertainty, impacting mental well-being.
- Heat and Air Quality:** Rising temperatures and worsening air pollution can directly affect mood and cognitive function, sleep disturbance, increasing irritability and depression.

April is National Arab American Month

The first **National Arab American Heritage Month** Celebration took place in Washington, DC in April of 2017 at the New America. Along with various displays of Arab culture, including a fashion show, dancing, and singing, this event marked an important milestone for the recognition of Arab American Heritage Month to be celebrated nationally.

The Arab World is formerly comprised of 22 countries, represented by the League of Arab States. These countries include Algeria, Bahrain, Comoros, Djibouti, Egypt, Iraq, Jordan, Kuwait, Lebanon, Libya, Mauritania, Morocco, Oman, Palestine, Qatar, Saudi Arabia, Somalia, Sudan, Syria, Tunisia, the United Arab Emirates, and Yemen. **Palestine is comprised of the West Bank and Gaza.*

In the Arab American home, you can find elements of ethnic pride and ancestral heritage. This might be in the form of artifacts carried by immigrants, pictures of villages, and/or general symbols of Arab identity.

Arabs are people who can encompass all religious faiths. The three Abrahamic traditions (Islam, Christianity, Judaism) are the faiths primarily represented among Arab peoples. All three of the Abrahamic faiths share a lineage of certain prophets, and as such bear some commonalities in traditions and faith elements (among other differences).

The category “Middle East” refers to a region of the world that is linked by a shared location, but ***not*** a common culture. Therefore, Arab Americans ***should not*** be referred to as Middle Eastern Americans.

During the month of April, the Arab American Foundation formally recognizes the achievements of Arab Americans through the celebration of National Arab American Heritage Month (NAAHM). Across the country, cultural institutions, school districts, municipalities, state legislatures, public servants, and non-profit organizations issue proclamations and engage in special events that celebrate our community’s rich heritage and numerous contributions to society.

The President of the United States recognized the month of April as National Arab American Heritage Month with a special commemorative letter to our organization. In 2022, Congress, the U.S. Department of State, and 45 state governors issued proclamations commemorating the initiative. Additionally, the following states have passed permanent legislation designating the month of April as NAAHM: Illinois, Oregon, Virginia, Indiana (Senate), and California.

Please see the below websites to learn more about this heritage month and the wonderful people that belong to the Arab American community.

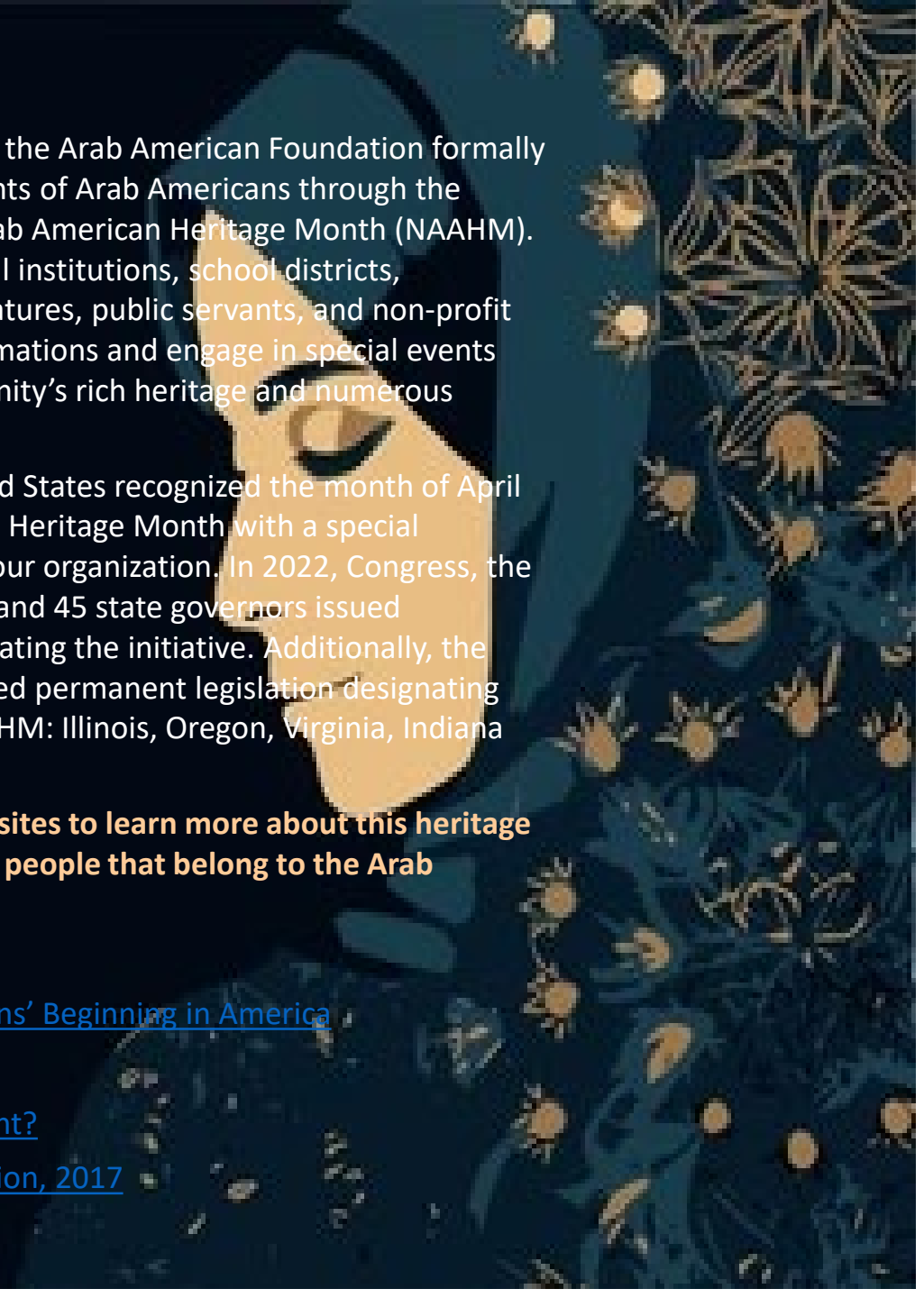
[ArabAmerica.Com](https://www.arabamerica.com)

[The Story of Arab Americans’ Beginning in America](#)

[NAAHM Slides](#)

[Who Started the Movement?](#)

[The First NAAHM Celebration, 2017](#)



Buddha Birthday

Lord Buddha was born in Lumbini, on the Kapil Vastu, in western Terai Nepal in 682 B.C on the night of Purnima (a full moon day). He was born into the family of King Suddhodhana and Queen Maya Devi. While pregnant with Gautam Buddha, She also loved to walk around the garden, so she got into labor while roaming. She gave birth to them in the garden, using the branches of the trees as support.



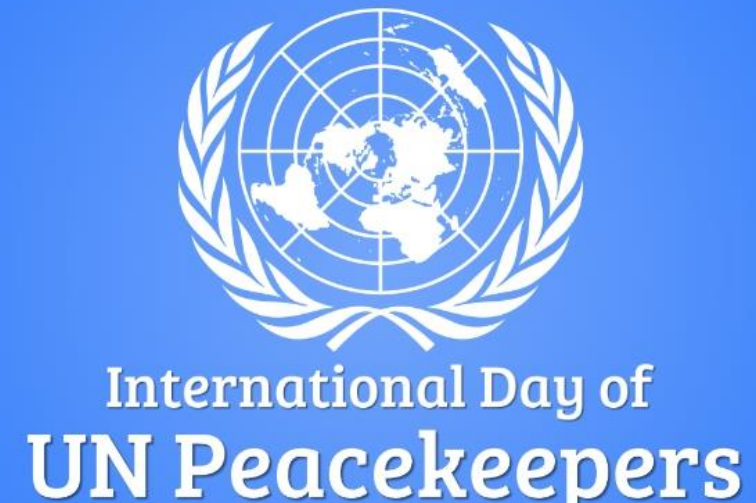
Buddha Jayanti in Nepal celebrates the unlimited knowledge that Lord Buddha has provided. On the day of Buddha, the Jayanti people also memorize his life, his deeds of enlightenment, and his death. People refer to the death of Lord Buddha as Mahaparinirana.



Two great stupas, Shyambhunath and Baudhanatha, were also established in honor of Lord Buddha. UNESCO has also enlisted these stupas as a World Heritage site. On this day, the government of Nepal has declared a public holiday to celebrate Buddha Jayanti. This festival is mainly celebrated around the Buddhist Monuments of Nepal: Shyambhunath Stupa, Lumbini, Boudhanath Stupa, etc. Near this Temple, different images of Buddha and scrolls are kept for display. Devotes from all over the country gather in the early morning to worship and walk around the shrines in ritual circumlocution on this auspicious day. On this day, devotees offer butter lamps, rice, flowers, coins, etc. Various prayer ceremonies are organized during Buddha Jayanti. This festival is celebrated not only in Nepal but also in other countries. On this day, all the Buddhist Monuments are decorated with colorful flags and flowers. Devotes spend the entire day in the Vihara, participating in group meditation, lectures on Buddhist Scripture, worshipping the Lord Buddha statue, eating Kheer, and sharing food and clothing with poor people.

International Day of United Nations Peacekeepers

- United Nations peacekeepers have worked to save and change lives in the world's most fragile political and security situations for 76 years.
- More than two million uniformed and civilian personnel have helped countries to transition from war to peace since 1948.
- More than 70,000 peacekeepers serve in 11 missions deployed in hotspots around the world today.
- Peacekeeping has evolved to adapt to the changing political landscape and nature of conflicts which have become more complex and interconnected over the years.
- UN peacekeepers come from all walks of life and with diverse cultural backgrounds.
- Peacekeepers are civilian, military and police personnel all working together to protect civilians and human rights, promote the rule of law, support free and fair elections, minimize the risk of landmines and much more.
- Join the global movement for peace.



Memorial Day

- Memorial Day is a federal American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.
- Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971 (the first national observance of Memorial Day occurred on May 30, 1868).
- Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War and the wars in Iraq and Afghanistan.
- By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.
- Today, many people visit cemeteries and memorials on Memorial Day to honor and mourn those who died while serving in the U.S. military. Many volunteers place American flags on the graves of military personnel in national cemeteries.
- On Memorial Day, take time to reflect on the men and women who gave it all for us.



Mental Health Month – May 2024

Theme – Where to Start: Mental Health in a Changing World



2024 Mental Health America (MHA) Key Messages ([Where to Start 2024 MHA May Toolkit \(mhanational.org\)](https://mhanational.org))

- ⚙️ The world is constantly changing – for better or for worse – and it can be overwhelming to deal with everything going on around you.
- ⚙️ We know relationships and the pressures of work and school can impact your mental well-being, but it can be less obvious when the world around you is the root cause of issues. Politics, climate change, the economy, and other factors that can feel out of your control play a role in a person’s mindset.
- ⚙️ While society is getting more comfortable discussing mental health, it can still be hard to know “Where to Start” when it comes to taking care of your own well-being.

One in 5 people will experience a mental health condition in any given year, and everyone faces challenges in life that can impact their mental health.

Fact Sheets:

- ⚙️ [4 Things Likely Affecting Your Mental Health and 4 Things You Can Do About It](#)
- ⚙️ [Building Your Coping Toolbox](#)
- ⚙️ [Helpful vs. Harmful: Ways to Manage Emotions](#)
- ⚙️ [Negative News Coverage and Mental Health](#)
- ⚙️ [Things You Can Say When You’re Not “Fine”](#)
- ⚙️ [What to Say When Someone Tells You They’re Fine, but They’re Not](#)

Where To Start Calendar – May 2024

five mental health tips for the week

- Monday**
Make a list of 5 things you're grateful for today.
- Tuesday**
Practice positive affirmations.
- Wednesday**
Start a conversation about mental health.
- Thursday**
Stay hydrated!
- Friday**
Take a break from screens (phone, computer, etc).

About half of Americans will meet the criteria for a diagnosable mental health condition sometime in their lives, with symptoms starting by age 14 for the majority of people.

Coping Tools:

- ⚙️ [Dealing With Tough Situations](#)
- ⚙️ [Looking for Good](#)
- ⚙️ [Managing Frustration and Anger](#)
- ⚙️ [Processing Trauma and Stress](#)
- ⚙️ [Where To Go Decision Map](#)
- ⚙️ [What's Underneath Word Bank](#)

- COPING TIPS**
Text or call a friend.
- COPING TIPS**
Create something.
- COPING TIPS**
Make sure your basic needs are being met.
- COPING TIPS**
Make a list of your strengths.

World Refugee Day

June 20, 2024

- World Refugee Day is observed on June 20th each year. Established by The United Nations General Assembly, the day is dedicated to raising awareness about the plight of refugees around the world and to honor their strength and resilience.
- As of recent reports, there are over 26 million refugees globally.
- The United States has historically been one of the leading countries in refugee resettlement.
- Each year, World Refugee Day has a specific theme to highlight different aspects of the refugee experience. The theme for 2024 is “Hope away from home – a world where refugees are always included.”
- The United Nations High Commissioner for Refugees (UNHCR) plays a significant role in organizing and promoting World Refugee Day. The day is an opportunity for advocacy, urging governments and communities to support refugee rights and humanitarian efforts. Schools often use this day to educate students about global refugee issues through special programs and curricula.

Independence Day

July 4th, 2024

Independence Day (The Fourth of July) celebrates the Second Continental Congress' unanimous adoption of the Declaration of Independence on July 4, 1776, a document announcing the colonies' separation from Great Britain.

July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades, and concerts to more casual family gatherings and barbecues.

The tradition of setting off fireworks on the 4th of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the 13 colonies. The Pennsylvania Evening Post reported: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated." That same night, the Sons of Liberty set off fireworks over Boston Common.

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.

INTERNATIONAL DAY OF FRIENDSHIP

JULY 30, 2024

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, and individuals can inspire peace efforts and build bridges between communities. The resolution placed emphasis on involving young people, as future leaders, in community activities that include different cultures and promote international understanding and respect for diversity.

To mark the International Day of Friendship, the UN encourages governments, international organizations, and civil society groups to hold events, activities, and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.

“Sharing the Human Spirit Through Friendship”

Our world faces many challenges, crises and forces of division — such as poverty, violence, and human rights abuses — among many others — that undermine peace, security, development and social harmony among the world's peoples.

To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms — the simplest of which is friendship.

Through friendship — by accumulating bonds of camaraderie and developing strong ties of trust — we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.

Actions to Promote a Culture of Peace

- ◆ foster a culture of peace through education;
- ◆ promote sustainable economic and social development;
- ◆ promote respect for all human rights;
- ◆ ensure equality between women and men;
- ◆ foster democratic participation;
- ◆ advance understanding, tolerance and solidarity;
- ◆ support participatory communication and the free flow of information and knowledge;
- ◆ promote international peace and security.





The right to vote, the cornerstone of democracy, belongs to all citizens — but this wasn't always the case. Until recently, most countries denied voting rights to half of their population: women. To claim their voice, women began advocating for the right to vote in the early 19th century. In the U.S., decisions about who could vote were left up to the states. The 19th Amendment, ratified in 1920, ensures voting rights for everyone regardless of gender. Today, Women's Equality Day celebrates the achievements of women's rights activists and reminds us of the unique daily struggles that women face.

Women's Equality Day, celebrated every August 26th, commemorates the passage of women's suffrage in the U.S. and reminds us of the hurdles overcome by the heroic women who faced violence and discrimination to propel the women's movement forward.

In the early 19th century, American women, who generally couldn't inherit property and made half of a man's wages in any available jobs, began organizing to demand political rights and representation.

By the early 1900s, several countries including Finland, New Zealand, and the United Kingdom had legalized voting for women as the movement continued to sweep across the world. In the U.S., the 19th Amendment to the Constitution was first introduced in 1878, but it failed to gain traction. It wasn't until women's involvement in the World War I effort made their contributions painfully obvious that women's suffrage finally gained enough support. Women's rights groups pointed out the hypocrisy of fighting for democracy in Europe while denying it to half of the American citizens at home.

Because a Constitutional amendment requires approval from two-thirds of the states, 36 of them had to ratify the 19th Amendment before its passage. The deciding vote in the Tennessee legislature came from Harry T. Burn, a young state representative whose mother's plea to support the amendment became a deciding factor in his vote (which he switched at the last minute).

Women aren't done fighting for equal rights. Today, the wage gap between men and women still impacts women's economic power, and gender-based discrimination still plagues workplaces and business transactions.

To remind us of the struggles of the past, present, and future, Congress designated August 26th as Women's Equality Day in 1971.

World Humanitarian Day

- The designation of 19 August as World Humanitarian Day by the United Nations General Assembly is the outcome of the persistent efforts of the Sérgio Vieira de Mello Foundation and his family working closely with the Ambassadors of France, Switzerland, Japan and Brazil in both Geneva and New York.
- It is an international day devoted to pay tribute to aid workers who dedicate their lives to humanitarian service and who have lost their lives working for humanitarian causes.
- This day is to raise awareness of the need for help in crises around the world.
- Humanitarian aid workers are killed as a result of a bomb attack every year.
- Our 2024 WHD, World Humanitarian Day, will encounter the normalization of attacks on civilians, including humanitarians, and immunity under International Humanitarian Law (IHL).
- The goal is to build public support to assist pressure parties to conflict and world leaders to take a crucial step to ensure the safety of civilians, including humanitarians, in conflict zones.
- The **theme** for World Humanitarian Day 2024 is: **#NoMatterWhat: Humanitarians Deliver.**



Celebrated annually on **September 20th**



HeForShe
UN Women Solidarity Movement
for Gender Equality

The movement was launched on 9/20/14 by UN Secretary-General Ban Ki-moon and UN Women Global Goodwill Ambassador Emma Watson

HeForShe is a solidarity movement for the advancement of gender equality initiated by the United Nations. It is grounded in the idea that gender inequality is an issue that affects all people, socially, economically, and politically.

HeForShe is a global effort that seeks involvement from men and boys in achieving equality by taking action against negative gender stereotypes and behaviors. Its logo represents the union of women and men working together to achieve gender equality, by joining together aspects of both the female and male symbols.

Since its launch, millions of men from around the world, including Heads of State, CEOs, and global luminaries, have committed to gender equality. On the [HeForShe website](#), a geo-locating map records the global engagement of

the movement through counting the number of men and women around the world who have taken a pledge for the initiative, registering over 2.1 million online commitments worldwide.

HeForShe illustrates the need for male allyship by pointing to studies that show 257 more years will be necessary to close the gender gap, and that 95% of the world's CEOs and heads of states are men. They argue the commitment of men with power and privilege can be a major factor for gender equality and hope that the human stories as well as scalable, proven solutions will provide a roadmap to progress and help to shape the men's movement for gender equality.

RESOURCES

- ❖ [Action Kits \(Individual and for Organizations\) - Resources | HeForShe](#)
- ❖ [Building Gender IQ Online Course - Summary of Building Gender IQ \(unicef.org\)](#)
- ❖ [HeForShe Journal - English version HeForShe Journey](#)

Join the Conversation

Check out the latest and spread the word.



[Instagram - HeForShe](#)

[Twitter - HeForShe](#)

[Facebook - HeForShe](#)

[Youtube - HeForShe](#)



**A Solidarity
Movement
for Gender
Equality**



Now it's time to unify our efforts. HeForShe is a solidarity movement for gender equality that brings together one half of humanity in support of the other of humanity, for the entirety of humanity.

International Day of Peace



The International Day of Peace is officially known as World Peace Day, which is observed annually on September 21st.

It has always been a time to stop war and violence and observe ceasefires.

The day was first recognized in 1981 by unanimous United Nations resolution, and first observed in September 1982 and is maintained by many countries, political groups, military groups, and people.

The UN General Assembly came together in 1999 to plan the values required for a culture of peace, which include, “respect for life, human rights and fundamental freedoms; the promotion of non-violence through education, dialogue and cooperation; commitment to peaceful settlement of conflicts; and adherence to freedom, justice, democracy, tolerance, solidarity, cooperation, pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations.”

The United Nations’ most inclusive body recognized that peace not only is the absence of conflict, but also requires a positive, dynamic participatory technique where dialogue is encouraged, disagreements and clashes are resolved in a spirit of mutual understanding and cooperation.

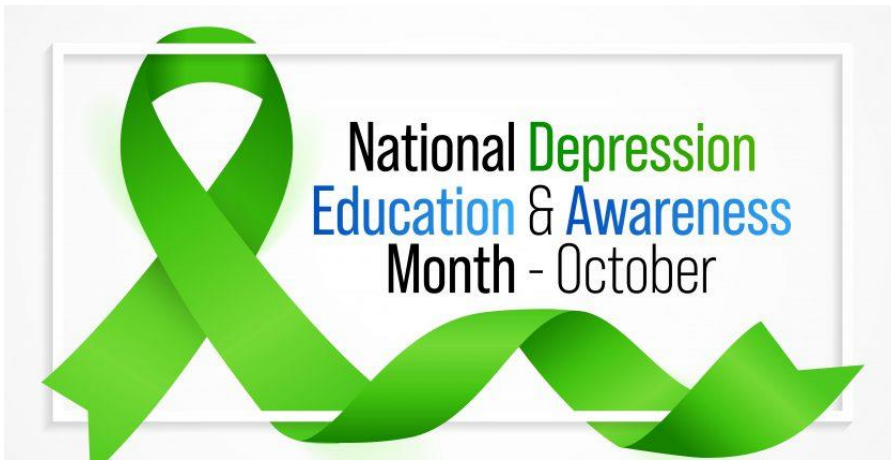
The 2024 Theme is “Cultivating a Culture of Peace.”

newsOnline

Peace Day
INTERNATIONAL

“Peace Is A Daily, A Weekly, A Monthly Process, Gradually Changing Opinions, Slowly Eroding Old Barriers, Quietly Building New Structures”

www.newsonline.media



Purpose: to increase understanding, decrease stereotypes, and help educate on how depression and other mental health issues impact people. This important holiday helps teach us about the signs, symptoms, and treatment options for depression. It also emphasizes that seeking help is a sign of hope and strength.

How to Observe:

- **Reach out:** One of the best ways to observe this holiday is to reach out to friends, family, and those in your community. A listening ear, a comforting hug, empathy, and asking questions while withholding judgement can go a long way to comfort others.
- **Share your story:** Don't be afraid to tell those who are struggling about your own experiences with depression. Depression is extremely common and helping others know they are not alone can be very encouraging.
- **Educate yourself:** One of the best ways you can help yourself (and those around you) is to learn about common symptoms and effects of depression. The more you know, the better you can recognize when someone may need your love and support.

Why National Depression Education and Awareness Month is Important

It sparks conversations – talking about depression and removing the stigma around it can do tremendous good. This also helps normalize depression (which is important considering over 16.2 million people have experienced a major depressive episode).

It encourages others to reach out – coping with depression is something nobody should have to do alone. By being open about the signs and symptoms, and erasing the shame, we can encourage others to speak to a trusted friend, aren't, doctor, or therapist about what they're experiencing.

It ignites national change – countless celebrities, politicians, and average citizens alike struggle with depression on a daily basis. This opens many doors to change. Donating to a depression support group/organization, joining an awareness walk, and following celebrity mental health advocates on social media can help us change the way our culture thinks about and responds to depression.

3 surprising Depression-Related Traits

1. **Compassion:** those who suffer from depression often have more compassion for others, as they are able to more readily understand the hurt and sadness others feel.
2. **Understanding:** those who struggle with depression are typically less judgmental of others and tend to believe others when they say they're "doing their best."
3. **Analytical thinking:** studies show people with depression are able to break down complex problems into smaller segments more easily than those who don't.





PURPOSE:

- **Reducing Stigma:** The day seeks to break the stigma and misconceptions surrounding mental health disorders, encouraging open conversations and acceptance.
- **Promoting Self-Care and Support:** It encourages individuals to prioritize their mental health, engage in self-care practices, and seek help when needed, while also promoting community support and understanding.

WHY IS MENTAL HEALTH DAY IMPORTANT

- Raising Awareness:** It helps educate people about mental health, the challenges individuals face, and the need for more open conversations. This awareness is crucial in breaking down misconceptions and encouraging a better understanding of mental health conditions.
- Promoting Mental Health Resources:** It is an opportunity to showcase mental health resources, such as hotlines, support groups, mental health professionals, and wellness programs.
- Influencing Policy and Advocacy:** It helps bring attention to the need for improved mental health policies and funding. Advocacy during these periods often leads to positive changes, like increased access to mental health care, better workplace policies, and support for mental health education.
- Community Building and Support:** These observances foster a sense of community by creating platforms for individuals to share their stories, participate in activities, and support each other. Events like group sessions, walks, and workshops help reduce isolation and create networks of support.
- Global Call for Action:** This global event, provides an opportunity for countries worldwide to prioritize mental health. This collective effort emphasizes the importance of mental health care in every culture and context, creating a movement that transcends borders.

MY STORY

As a young mom to 3 boys, I wake before dawn to find a quiet space, pray and exercise. Get a shower and do my selfcare before my kids wake up. This has helped me tremendously in prioritizing my mental health. I realize I can't take care of anyone if I haven't taken care of me.

“You cannot pour from an empty cup.”

