



Rise Village Rise

Growing Through the Black Experience



VILLAGE WELLNESS WEEK

**Black
History
Month
2023**

Overview

Village wellness week is designed to uplift not only our Black community but anyone who can benefit from daily tips and resources to aid in their well-being and positively impact their mental health.

In light of our theme "Rise, Village Rise!", we want to acknowledge that the adversity of the Black community striving to:

Rise above oppression
Rise above rejection
Rise above brutality
Rise above modern-enslaved reality
Rise with courage
Rise with strength
Rise with dignity
Rise with liberty
Rise for justice
Rise for peace

ALL contribute to the betterment of our communities. So let's join together, put these daily tips to use and mitigate negative factors that impact our well-being. Remember, health is wealth!





VILLAGE WELLNESS WEEK

Day 1: TIP



Read about anything but work!

Let's face it: many of us are spending extended time reading about the countless layoffs, reviewing stock prices, and keeping our ears to the ground on the latest buzz surrounding, Splunk.

While it's GREAT to stay informed, **over-indulging in ANYTHING excessive can be counterproductive to our well-being.**

So today, commit to taking a step back from reading about ANYTHING work-related and instead **find a book or article of interest that will positively fuel your mind for the betterment of YOU!**



VILLAGE WELLNESS WEEK

Day 2:



Break out those playlists!

A report from Harvard Health states that music – no matter the genre – can help with **decreasing anxiety, shifting your mood, increasing expression, finding motivation**, and more.

Listening can be done with intentional focus or as background listening. You can amplify emotions for release. You can use music to quiet the mind, match music to your current energy or mood, and then slowly change feel, tempo, and complexity to help you shift.

So break out those playlists and let the music move you!

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Day 3:



Be your own cheerleader! (self-validation)

It's time to start waking up, looking at yourself in the mirror daily, and telling yourself, **"I AM SOMEBODY!"** as the great Reverend Jesse Jackson proclaimed in 1963. **#thisbuildsconfidence.**

There are two ways you can **talk to yourself**, it's either **being kind** or unkind. Waiting for positive accolades and validation from others is a recipe for disappointment because the fate of your self-worth is in the hands of others.

Self-validation also includes **self-encouragement**, **acknowledging** your **strengths** & **progress**, **prioritizing** your **needs**, & **self-acceptance**.

So take charge, routinely boost your morale, and be accountable for establishing your self-worth and confidence.



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Day 4:



Eat lunch away from your computer

Although it may seem tempting to eat your lunch while also catching up on some emails, it is **important to step away from your work and take some time for yourself mid day.**

Taking a lunch break every day can help **improve your mood and wellbeing.** Research shows that North American workers who take a lunch break every day score higher on a wide range of engagement metrics, including job satisfaction.

So **plan to move away from your desk today during lunch!** Eat at the table, or in another room, or outside — if the weather permits; anywhere **except in front of your laptop.**

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Day 5:



DANCE PARTY



BEAMS
Splunk



Get to movin'!

Turn up the jams and move!

Some people opt to **dance for fun, with loved ones, as a hobby**, or behind the scenes because you're worried about how you'd look in public! LOL! Either way, **dancing** has **PROVEN to boost your physical and mental health**.

Here are some benefits of dance:

- It **uplifts your mood & increases your self-esteem**
- It keeps your mind sharp
- It **helps your heart & physical endurance**
- Increases social bonding = new friends
- **Eases depression & anxiety**

And so much more! So take time to yourself or with others and dance the day and night, away!



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