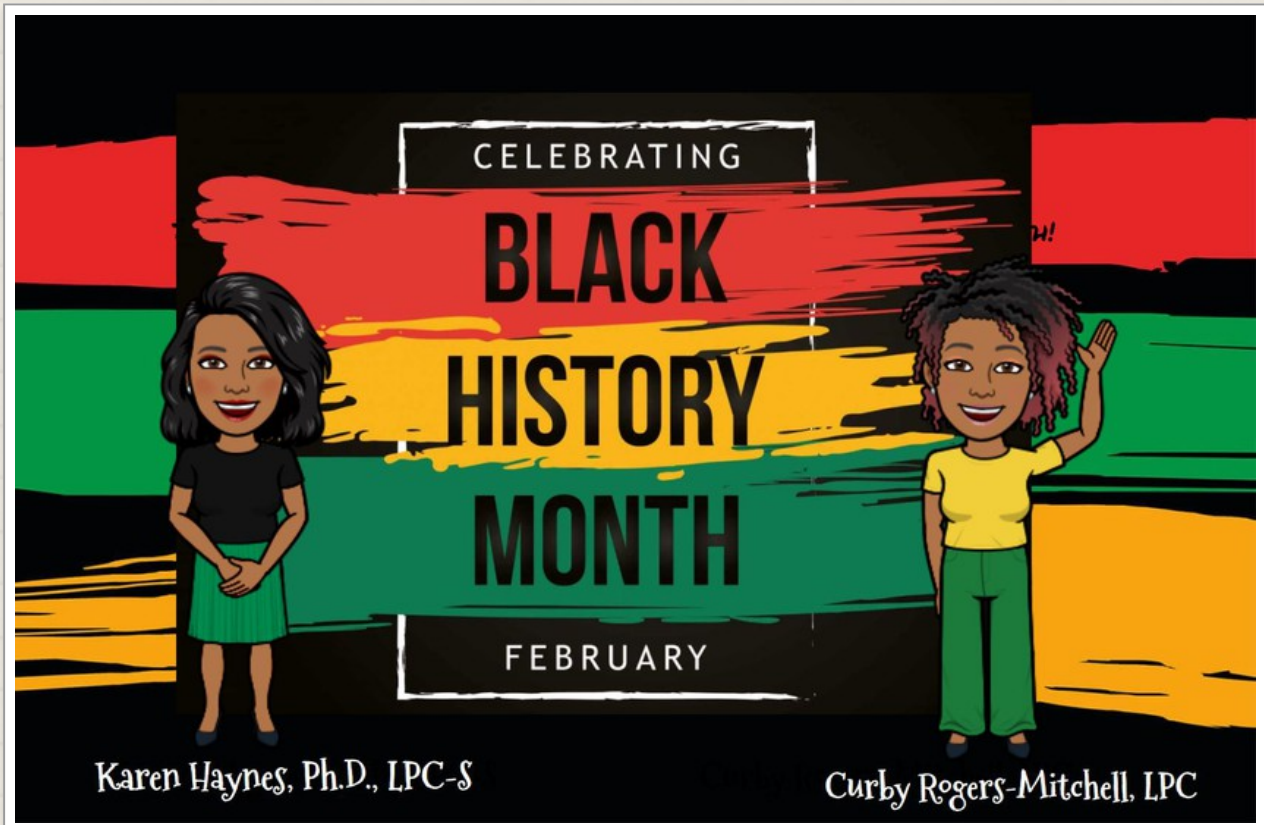


Wellness Wednesday

FEBRUARY 2, 2022



CELEBRATING BLACK HISTORY MONTH

Black History Month is an annual celebration that recognizes the central role African Americans play in U.S History. Black History Month started off as Negro History Week; however, since 1976 every President has honored a month- long of celebration.

We must recognize Mr. Carter G. Woodson for his valiant efforts in assisting with the implementation of Negro History Week that led to Black History Month.



CIVIL RIGHTS MOVEMENT



The Civil Rights Movement in the United States was a 14-year struggle for African Americans and their like-minded allies to end institutionalized racial discrimination, racial segregation, and disenfranchisement in the United States. There are countless individuals that were on the front lines of this Movement in various ways, but to name a few...

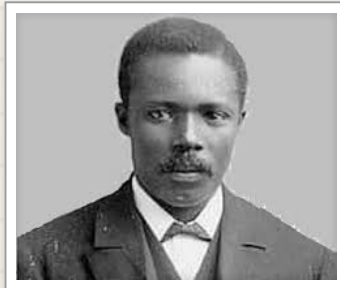
Rosa Parks, Martin Luther King Jr., Coretta Scott-King, Malcolm X. W.E.B Dubois, The Little Rock 9, Ella Baker, Marcus Garvey, John Lewis, Bayard Rustin, Fannie Lou Hamer, Dorothy Height, Frank Smith, Jr., Claudette Colvin, Pauli Murray, Charles Hamilton Houston, Jo Ann Robinson, Amelia Boynton Robinson.



BET YOU DIDN'T KNOW...



IN 1885, SARAH GOODE WAS THE FIRST BLACK WOMAN TO RECEIVE A U.S PATENT FOR THE FOLDING CABINET BED.



GEORGE CRUM CREATED THE MOST LOVED POTATO CHIP SNACK.



GARRET MORGAN CREATED WHAT WE KNOW TODAY AS THE GAS MASK. IT WAS CALLED THE GAS HOOD UPON CREATION



SUMMER WOULD NOT BE THE SAME WITHOUT LONNIE JOHNSON'S INVENTION OF THE SUPER SOAKER WATER GUN.



MARY DAVIDSON CREATED THE TISSUE HOLDER.



WILLIAM DORSEY SWANN WAS THE FIRST DRAG QUEEN

LIFT EVERY VOICE AND SING

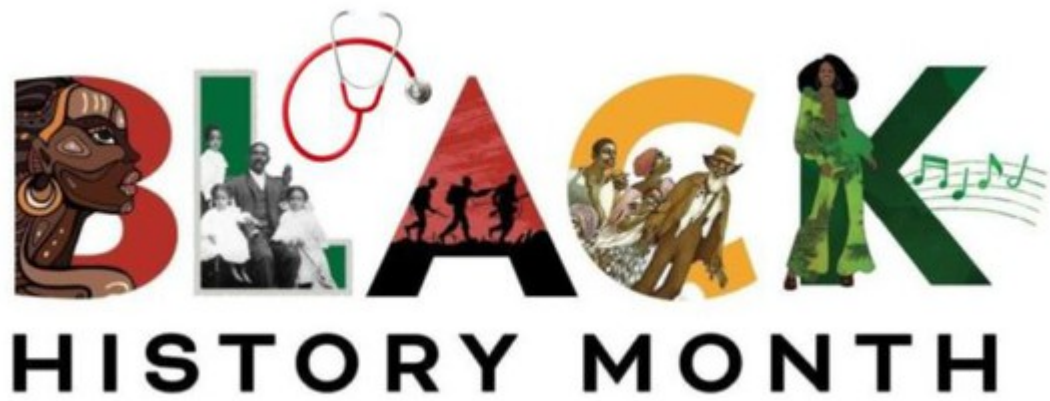


Often referred to as "The Black National Anthem," *Lift Every Voice and Sing* was a hymn written as a poem by NAACP leader, James Weldon Johnson in 1900. His brother, John Rosamond Johnson composed the music for the lyrics.

A choir of 500 schoolchildren at the segregated Stanton School, where James Weldon Johnson was principal, performed the song in public in Jacksonville, Florida to celebrate President Abraham Lincoln's birthday.



HEALTH AND WELLNESS



For 2022, the official theme for Black History Month is health and wellness.

This theme acknowledges the legacy of black scholars, medical professionals, doulas, energy workers, midwives, herbalists, and other ritual workers that were vital during the Black Diaspora.



SELF-CARE Rx

You're a real-life superhero, caring for others, putting out fires, and making it look easy. But even Wonder Woman and Superman take the occasional day off. Time to take a breath and do you. Day spa optional - relaxation required!

FOR: _____

DATE: _____

PRESCRIBED SELF-CARE TREATMENT(S):

- | | | |
|---|---|---|
| <input type="checkbox"/> Nice long walk | <input type="checkbox"/> Hot bath | <input type="checkbox"/> Ordering takeout |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Extra sleep | <input type="checkbox"/> Weekend away |
| <input type="checkbox"/> Night off | <input type="checkbox"/> Movies + popcorn | <input type="checkbox"/> Creative project |
| <input type="checkbox"/> Eat chocolate | <input type="checkbox"/> Nature time | <input type="checkbox"/> Fresh flowers |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Live music | <input type="checkbox"/> Karaoke |
| <input type="checkbox"/> Spa treatment | <input type="checkbox"/> Sinful dessert | <input type="checkbox"/> Bear hug |
| <input type="checkbox"/> Decluttering | <input type="checkbox"/> Massage | <input type="checkbox"/> Belly laugh |
| <input type="checkbox"/> Quiet time | <input type="checkbox"/> Pleasure reading | <input type="checkbox"/> Fancy car wash |
| <input type="checkbox"/> Talk with a friend | <input type="checkbox"/> Gardening | _____ |

I WILL FACILITATE THIS BY:

- | | | |
|--|---|--|
| <input type="checkbox"/> Making the | <input type="checkbox"/> Footing the bill | <input type="checkbox"/> Nagging you |
| <input type="checkbox"/> Arrangements | <input type="checkbox"/> Being your | <input type="checkbox"/> Reminding you not |
| <input type="checkbox"/> Providing childcare | <input type="checkbox"/> self-care buddy | <input type="checkbox"/> to feel guilty |
| <input type="checkbox"/> Providing an alibi | <input type="checkbox"/> Cheering you on | _____ |

REFILLS: _____

SIGNED: _____

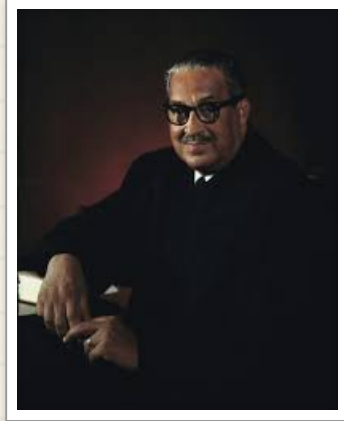
WARNING: MAY CAUSE EXTREME MELLOWNESS, CREATIVITY, IMPROVED MOOD, BLISS, AND/OR FRESH PERSPECTIVE

"THE DIVINE 9"



Greek-Lettered organizations have been around for centuries; however, there was a time when Black Americans were not allowed to join these prestigious groups.

In the 1900s, Black Greek-Lettered Organizations began to be established and incorporated. Today, there are “9” Black Greek Lettered Organizations that make up the “Divine 9”.



THURGOOD
MARSHALL

Alpha Phi Alpha Fraternity, Inc.
Founded December 4, 1906 on
the College Campus of Cornell
University.



ROSA PARKS

Alpha Kappa Alpha Sorority, Inc.
Founded January 15, 1908 on
the College Campus of Howard
University.



JOHN SINGLETON

Kappa Alpha Psi Fraternity, Inc.
Founded January 5, 1911 on the
College Campus of Indiana
University.



STEVE HARVEY

Omega Psi Phi Fraternity, Inc.
Founded November 17, 1911 on
the College Campus of Howard
University.



NIKKI GIOVANNI

Delta Sigma Theta Sorority, Inc.
Founded January 13, 1913 on
the College Campus of Howard
University.



REP. JOHN LEWIS

Phi Beta Sigma Fraternity, Inc.
Founded January 9, 1914 on the
College Campus of Howard
University.



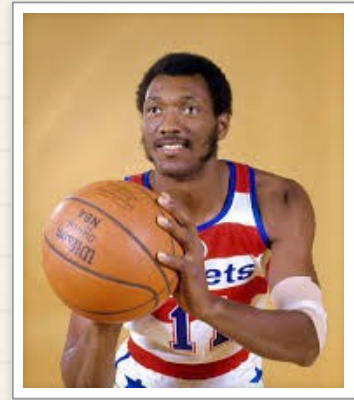
ZORA NEALE
HURSTON

Zeta Phi Beta Sorority, Inc.
Founded January 16, 1920 on
the College Campus of Howard
University.



HATTIE MCDANIEL

Sigma Gamma Rho Sorority,
Inc. Founded November 12,
1922 on the College Campus of
Butler University.

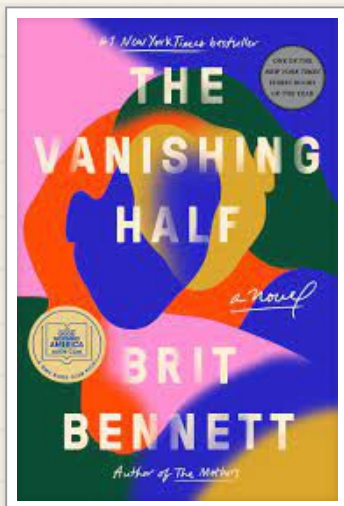


ELVIN HAYES

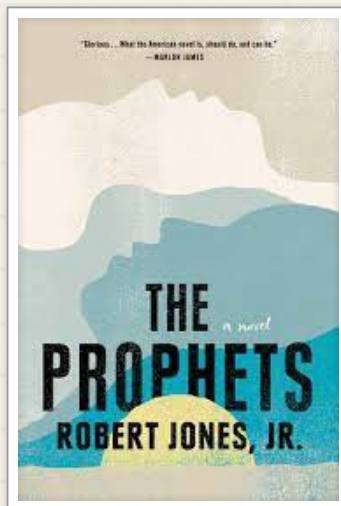
Iota Phi Theta Fraternity, Inc.
Founded September 19, 1963
on the College Campus of
Morgan State University.

LETS BOOK IT!

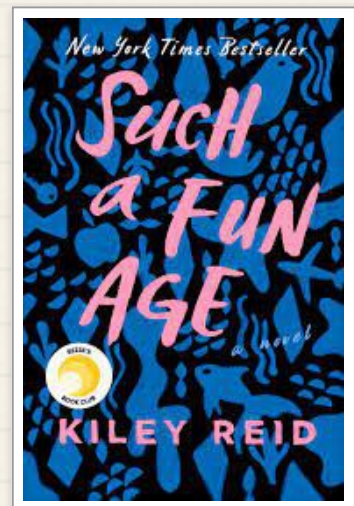
Here are some great reads you can add to your 2022 reading list by Black Authors.



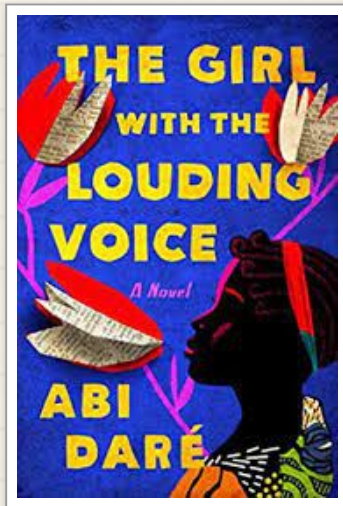
THE VANISHING
HALF-BRIT BENNETT



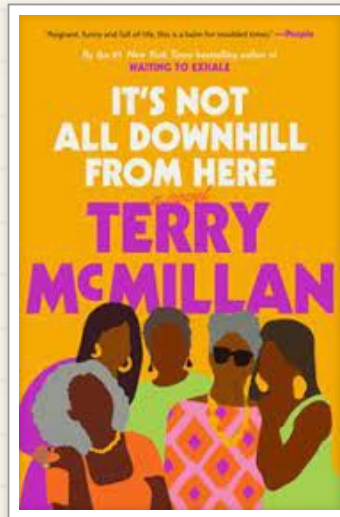
THE PROPHETS-
ROBERT JONES JR.



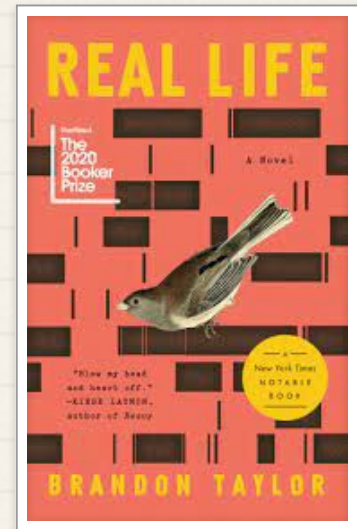
SUCH A FUN AGE-
KILEY REID



THE GIRL WITH THE
LOUDING VOICE-ABI
DAR'E



IT'S NOT ALL
DOWNHILL FROM
HERE- TONI
MORRISON



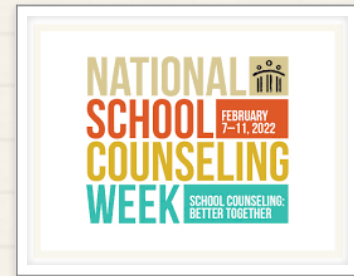
REAL LIFE-BRANDON
TAYLOR

FACTS OF FEBRUARY



There are so many opportunities for us to learn and grow in the month of February. Not only do we celebrate Black History Month, we also have American Heart Month, International Boost Self-Esteem Month, National Cancer Prevention Month, Teen Dating Violence Awareness Month, and National School Counseling Week in the month of February.

Take an opportunity to learn something new this month!



EMPLOYEE ASSISTANCE PROGRAM



EAP ENGLISH FLYER

CHECK THESE OUT!

EAP SPANISH FLYER

WELLNESS WEDNESDAY LIVE

Your favorite Wellness Wednesday PROs are going LIVE. We would love the opportunity to provide a platform for you to share anything that may be happening for you or offer suggestions and resources.

Wellness Wednesday **LIVE**



WELLNESS WEDNESDAY LIVE

WHEN

WEDNESDAY, FEB. 9TH, 3:30PM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

Wellness Wednesday LIVE will be VIRTUAL ONLY.

Meeting ID: 386 763 6908

Passcode: GPISD



SCAN ME

CLICK TO JOIN MEETING

Topic Suggestions & Feedback

Wellness Wednesday

*Are there topics you would like to see discussed?
We would LOVE to hear from you hear from you.*

CLICK TO SUBMIT

CLICK TO SUBMIT

Chat with a PRO



KAREN HAYNES, PH.D., LPC-S

Licensed PROfessional Counselor-Supervisor
Director for Mental Health and Social Services

✉ khaynes@galenaparkisd.com

☎ (832)386-1280



CURBY ROGERS-MITCHELL, LPC

Licensed PROfessional Counselor
Licensed Mental Health and Support Specialist

✉ ccrogers@galenaparkisd.com

☎ (832)386-1319

