Social Work Month
The Time is Right for Social Work

More than 700,000 social workers are employed in the US and three million worldwide. Social Work is one of the fastest-growing professions in the US.

Social workers have been an integral part of the Civil Rights and Women’s Rights movements and pushed for social programs that benefit many today. Social Workers are everywhere people need help navigating tough life challenges. They contribute to interdisciplinary care teams in schools, hospitals, mental health centers, nonprofits, corporations, the military, and local, state, and federal government. Many social work professionals also own private consultation practices.

As the COVID-19 pandemic continues, systemic racism, economic inequality, global warming, and other crises, The Time is Right for Social Work.
Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 authorized and requested the President to proclaim the week beginning March 7, 1982, as "Women's History Week." Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9, which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over American history in various fields.

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2022 theme is "Women Providing Healing, Promoting Hope." This theme is "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."

"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.” —Poet Maya Angelou

Mental Health Tip
Mind, Body & Soul

Mind:

- **Quiet your mind!** As we approach a new season (Spring), it is a great time to quiet your mind. School, work, relationships, expectations, and daily life stressors can crowd our minds and thoughts. Below is a list of ways to quiet your mind:
  - **Mediation/ Mindfulness:** Research suggests that practicing meditation may reduce blood pressure, symptoms of irritable bowel syndrome, anxiety and depression, and insomnia.
  - **Value Yourself:** Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects. Practice positive words of affirmations and read books to further your knowledge.

Body:

- **Get your body moving!** Taking care of yourself physically can improve your mental health. Be sure to:
  - **Eat Nutrition meals:** March is National Nutrition Month, focusing on the importance of making informed food choices and developing sound eating and physical activity habits.
  - **Be Active:** Moving your body doesn’t have to be intense. Take a 5-minute walk, stretch your body or even practice yoga.

Soul:

- **Feed Your Soul!** Surround yourself around positivity,
  - **Music:** What we listen to has a major impact on our mood and mind. Try listening to positive music, podcast, and motivational videos. Be more mindful of what you feed your soul.
  - **Examine your relationships:** Do the people around you uplift and motivate you? How do you feel when you are interacting with them?

Health is a state of complete harmony of the body, mind, and spirit.
-B.K.S. Iyengar
Finding Connection In Chaos

Mind, Body, & Soul Connection: Thru Movement
Wednesday, April 20th, 5:00-7:00 pm

- Learn how yoga promotes wellness of the mind, body, and soul. Experts will lead a 15-minute demo.
  * Yoga mats provided.

- Learn how Massage therapists use touch and pressure points to cause connection

- Learn how nutritionists use diet plans to promote wellness.
  * Food tasting will be available.

Mind, Body, & Soul Connection: Thru Creativity
Wednesday, April 20th, 5:00-7:00 pm

- Learn how to use creativity & self-expression to communicate and connect.

- Learn how to effectively practice mindfulness through creative writing

- Learn how to make & create your own feeling journal.
  * Journals will be provided

Mind, Body, & Soul Connection Thru Nature
May 11th, 4:30-6:30 pm

- Learn how Horticulture leads to healing

- Spring Beautification Day

- Practice mindfulness through gardening.
- Learn how gardening benefits the mind, body & soul