

JUNE Awareness Month



The month of June has plenty of awareness's that can be highlighted but we will be focused on Men's Mental awareness that happens to have Father's Day added to the mix.

MENTAL WELLNESS TIPS

IN HONOR OF
MEN'S HEALTH AWARENESS MONTH

TAKE A DEEP BREATH



When you inhale, your diaphragm should expand. When you exhale, your diaphragm should fall. This will help your mind and emotions feel more connected to your body, helping ground your thoughts.

RELAX THOSE MUSCLES



Choose a muscle group (try your biceps first) and flex as hard as you can for 5-10 seconds then release the tension. Practice the same flex and release method with muscle groups throughout your body. This causes relaxation to be felt on a spectrum - going from one extreme to the other can help you feel more in control of your body and emotions.

WRITE IT OUT



This is an effective way to express yourself and can help you better understand your emotions. Consider this your first step towards sharing your thoughts with others. Speaking up can be difficult but writing a letter or email can be the gateway to having open and meaningful conversations.

VERDEFOUNDATION.ORG

Numbers Don't Lie

- Nine percent of men in the United States have daily feelings of depression or anxiety, and one in three of these men took medication because of their beliefs and one in four of these men spoke to a mental health professional.

- 30.6 percent of men in the United States have suffered from a period of depression in their lifetime.
- The suicide rate for men is four times higher compared to women. Women are more likely to attempt suicide, whereas men are more likely to succeed.

JUNETEENTH



(short for “June Nineteenth”) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On **June 17, 2021**, it officially became a federal holiday.



Wear **Orange** for National Gun Violence Month

Community violence is a daily tragedy in neighborhoods across the country, and it's disproportionately experienced by communities of color. Yet all too often, community violence—and some of its most successful solutions—fails to make the headlines or play a role in national debates about public safety. Every person should be able to live, work, and play free from the threat of gun violence.

Please be safe and vigilant in your community. If you see or hear anything, please report to the correct authoritative figure in your community.

