

## Black History Month

February

### Emotional



February is not only Black History Month it also hosts Valentine's Day, a day when lovers celebrate their love. Many people hate this holiday because they feel forced to spend money on expensive gifts, dinners, and contrived displays of affection. Forget the hype and save your money. Rather, take the happiness that this day signifies and apply it to your everyday.

Do something special for your partner. You don't have to spend a dime to wash the dinner dishes without being asked or plan a picnic in the living room or give a shoulder or foot rub. It is the small things we do everyday that really say "I love you!"

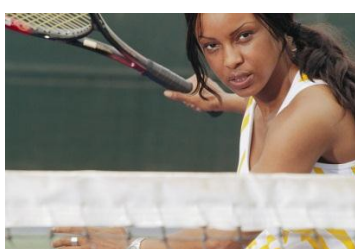
### Intellectual

Black History Month, or National African achievements by black Americans and a time in U.S. history. The event grew out of "Negro Carter G. Woodson (pictured) and other president has officially designated the month around the world, including Canada and the black history.



American History Month, is an annual celebration of for recognizing the central role of African Americans History Week," the brainchild of noted historian prominent African Americans. Since 1976, every U.S. of February as Black History Month. Other countries United Kingdom, also devote a month to celebrating

### Occupational



From art and science to music, sport and business, black people have made significant contributions in all occupations. The world has now become our oyster where before there were no options. With technology developing at the speed of light, there are careers in fields that didn't exist even five years ago. Small business and self-employment have carved out niches where big business couldn't. Having all these options can make choosing a career path difficult but there are lots of tools to help with decision-making and finding out your aptitude. Tests such as Myers-Briggs are good tools and so are career coaches and counselors. Even friends sometimes offer suggestions at what you may be good. It will take some effort on your part but there is a great career waiting for you. It begins with one small step.

## Physical



Dancing is a great way to get physical. And it is fun too! There are many African inspired dance classes available. Check out Ghanaian dancing, West African Dance, Dinhe, an African dance about celebrating the harvest or find a hip hop, soca or reggae dance class to take. The music, often including drumming, will keep you energized and feeling great.

Got two left feet? Don't worry you can dance like no one is watching!

## Social

Kids are curious and really know how to have fun. This is a great month to practise your social wellness and have some fun. Why? It's Black History Month! There are all different types of activities going on in cities all over Canada and the United States in celebration of contributions made by black people to the world. Choose an activity! Get your "inner kid" on! You'll be entertained and what you learn may surprise you.

Get your inner kid on!



## Spiritual

Spirituality has always been the foundation of the poverty, death and even joy, prayer has been the Black people don't all believe in God but whatever and how they tend to treat one another. In these moved away from their spirituality and are going are finding comfort in revisiting familiar traditions embraced meditation to quiet the mind their overall wellness. Have you prayed or



black community. In times of struggle, go-to method of getting over and through. faith they practice, it guides their actions, modern times, many black people have through the challenges of life alone. Some and are going back to prayer or have now and reconnect with spirit as a part of meditated today?

## Words from the Wise

Here are a few thoughts to accompany you on your journey.

- **Thích Nhất Hạnh:** Walk as if you are kissing the Earth with your feet.
- **Amit Ray:** If you want to conquer the anxiety of life, live in the moment, live in the breath.