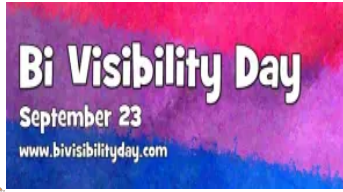




SEPTEMBER IS
SELF CARE
AWARENESS
MONTH



September is Self-Care Awareness Month

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more expansive than that. Self-care knows no boundaries. It is something that everyone can benefit from. True self-care is not self-centered nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself, and saying yes or no... guilt-free. It can be as simple as a conscious breath in the morning or as luxurious as time away from the pressures of everyday life.

Click [here](#) for access to wellness tool kits provided by the Nation Institutes of Health.

SELF-CARE CHECK-IN

Mid-month check up! Are you...?

- Finding your inner peace
- Meeting the goals you set for yourself
- Spending time on the things that you love
- Reaching out to the people you adore
- Taking breaks and getting rest
- Honoring your word of the year
- Meeting your health goals

BlessingManifesting

If you come to the Metro East Pride Fest in downtown Belleville be sure to come by the Hoyleton tent to say hello and show your support. Details here.

Hispanic Heritage Month begins Sept 15

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. This year's theme is **Latinos: Driving Prosperity, Power, and Progress in America.**



September 15 is a significant start date because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. In the most recent U.S. Census (2020), 62.6 million people self-identified as Hispanic, making this group the largest racial-ethnic minority. With 18.9% of the total population, this is a significant increase from the 13% of the 2000 Census. Projections indicate that by the year 2060, 27.5% of the U.S. population will be Hispanic.

Hispanic Heritage events

Greater St. Louis Hispanic Festival
September 23rd 3p-Sun Sept 24th 10 pm
728 Lafayette Ave St. Louis
Click [here](#) to learn more

Soulard Farmer's Market
Saturday Sept 23 6-9p
Click [here](#) to learn more

Immigrants in our Midst Conference
Friday Sept 22 Click [here](#) to learn more

Hispanic Heritage Celebration Thursday,
Sept 28 St. Louis Community College. Click [here](#) to learn more

Thursday Night at the Museum
Oct 5. 5:30-8p The Missouri History Museum. Click [here](#) to learn more

Suicide Prevention Week 9/10-9/16

National Suicide Prevention Week is the week surrounding World Suicide Prevention Day which is September 10th. It's a time to share resources and stories, as well as promote suicide prevention awareness.

The theme for 2023 is **Creating Hope through Action**. This theme serves as a powerful call to action and reminder that there is an alternative to suicide and that through our actions we can encourage hope and strengthen prevention.

1,362 people lost their life to suicide in Illinois

last year. This is approx 10.5 people per 100K and ranks Illinois 43rd in the U.S. Illinois has had a 3.5% decline in deaths by suicides since 2019.

September 23rd is Bi Visibility day

Bisexual is an identifier for a person who is attracted to more than one gender. A person does not need to have specific sexual experiences, or any sexual experience, to identify as bisexual.

Transgender people and people of color make up a large part of the bisexual community. Bisexuals are less likely to self-report their sexual orientation in an anonymous, confidential human resource survey than their gay and lesbian peers — 59 percent versus 79 percent of gay men and 77 percent of lesbians. Biphobia contributes to negative experiences in healthcare, school, and workplace settings and leads to disparate outcomes for bisexual population.

Equitable Practices to bring hope to bisexual populations

- Be an ally
- Say LGBTQ rather than gay and lesbian
- Avoid stereotyping bisexual people
- Help to raise awareness about the health disparities bisexual people face

Celebrate Bi-Visibility Day

- Educating yourself on bi erasure
- Advocating for public policy priorities for bi people
- Simply lend an ear

Resources -Click the topic to learn more

Bisexuality Aware Professionals Directory
Coming out to your doctor
Erasure of Bisexuality