

Wellness Monthly

SELF-LOVE

Self-love is a concept in positive psychology that promotes well-being. It's generally defined as focusing on yourself with **kindness, acceptance, support, and nurturance.**

HOW CAN I PRACTICE SELF-LOVE?



Setting and upholding personal boundaries



Using positive self-talk and avoiding harsh criticism



Being kind and forgiving to yourself if you make a mistake or feel inadequate



Valuing yourself enough to pursue new goals or learn new skills



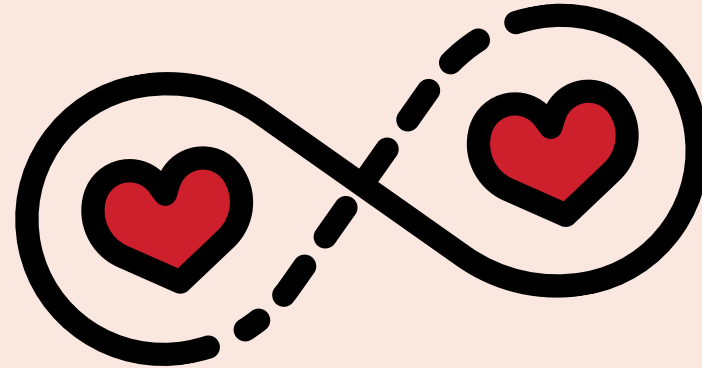
Celebrating or acknowledging your achievements



HEALTHY RELATIONSHIPS

A healthy relationship means both you and your partner are...

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners



Make sure to follow...

@uwlviolenceprevention

...if you want to learn more!

Reminders:

- ★ Consent cannot be **given or obtained** if either party is under the influence of drugs or alcohol
- ★ A relationship status **does not equal** consent
- ★ Consent should happen **every time**
- ★ There is **no such thing** as implied consent

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

BLACK HISTORY MONTH

Why do we celebrate?

Black History Month celebrates the rich cultural heritage, triumphs and adversities that are an indelible part of our country's history.

2025 Theme: African Americans and Labor

"This theme focuses on the various and profound ways that work and working of all kinds – free and unfree, skilled, and unskilled, vocational and voluntary – intersect with the collective experiences of Black people."

Mary Mcleod Bethune (1875-1955)



She was a pivotal figure in the early Civil Rights Movement, the founding president of the National Council for Negro Women, and advisor to FDR. She became the first woman president of the American Teachers Association in 1912.

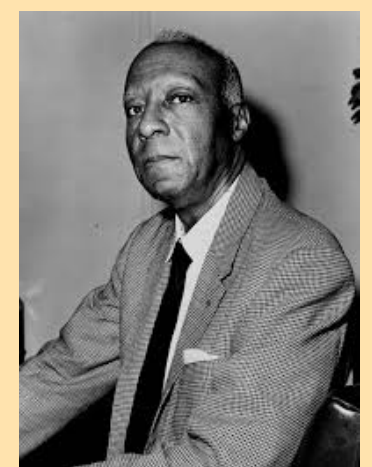
Dorothy Lee Bolden (1923-2005)



She strengthened the bond between the Civil Rights Movement and the domestic workforce. She founded and became president of the National Domestic Workers Union of America in 1968.

A. Philip Randolph (1889-1979)

Randolph was an important figure of the Civil Rights Movement. He organized the Brotherhood of Sleeping Car Porters in 1925, the first Black union chartered by the American Federation of Labor.



Christian Smalls (1988-)

He is regarded as the new face of today's labor movement. He is the founder and president of the Amazon Labor Union. He has become a standard-bearer in labor advocacy for essential workers.





Resources



STAY CONNECTED

Instagram:

@uwlpeerhealth

Tik Tok:

@bewellatuwl



WELLNESS OFFICE HOURS

Wednesdays in

OMSS

2:30pm-4:30pm

Wellness & Health Advocacy

wellness@uwlax.edu

608-785-8977

Violence Prevention

Instagram: @uwlviolenceprevention

Email: advocate@uwlax.edu

Office of Multicultural Student Services

1101 Centennial, omss@uwlax.edu

Instagram: @uwl_omss

608-785-8225

