

#25 FEBRUARY 2026



EMBRACING BLACK HISTORY & SELF-LOVE



EMBRACING TRANQUILITY BEHAVIORAL HEALTH LLC
Developing your peace and positivity to achieve Tranquility

Embracing Black History & Self-Love

BLACK HISTORY MONTH IS A TIME SET ASIDE TO RECOGNIZE AND CELEBRATE THE HISTORY, ACHIEVEMENTS, AND CONTRIBUTIONS OF BLACK PEOPLE THAT HAVE OFTEN BEEN IGNORED OR ERASED FROM MAINSTREAM HISTORY.



IT'S ABOUT VISIBILITY, TRUTH, AND PRIDE. BLACK HISTORY MONTH ACKNOWLEDGES THE STRUGGLES AGAINST SLAVERY, SEGREGATION, AND SYSTEMIC RACISM ALONGSIDE THE CULTURAL, SCIENTIFIC, POLITICAL, AND ARTISTIC CONTRIBUTIONS BLACK COMMUNITIES HAVE MADE WORLDWIDE. IT AFFIRMS IDENTITY, RESILIENCE, AND LEGACY



FEBRUARY IS A POWERFUL REMINDER THAT SELF-LOVE AND WELLNESS MATTER. WHILE THIS MONTH OFTEN CENTERS LOVE FOR OTHERS, IT'S JUST AS IMPORTANT TO TURN THAT CARE INWARD. TAKING TIME TO REST, REFLECT, AND NURTURE YOURSELF IS NOT SELFISH, IT'S NECESSARY.



How Does Black History Tie Into Mental Health Today?

BLACK HISTORY AND MENTAL HEALTH ARE DEEPLY INTERTWINED, AND THIS CONNECTION OFFERS MEANINGFUL LESSONS FOR ALL OF US. OUR COLLECTIVE HISTORY CONTINUES TO SHAPE HOW STRESS IS CARRIED, HOW RESILIENCE IS BUILT, AND HOW HEALING IS PRACTICED TODAY. WHILE BLACK COMMUNITIES HAVE ENDURED GENERATIONS OF SYSTEMIC INEQUITY, RACIAL TRAUMA, AND EXCLUSION FROM SAFE CARE, THEY HAVE ALSO CULTIVATED POWERFUL TRADITIONS OF SURVIVAL, CREATIVITY, CONNECTION, AND CARE.



IN THE MODERN WORLD, THE IMPACT OF CHRONIC STRESS, EMOTIONAL SUPPRESSION, THE EXPECTATION TO REMAIN STRONG AT ALL COSTS IS INCREASINGLY VISIBLE—NOT ONLY IN BLACK COMMUNITIES, BUT ACROSS SOCIETY. BLACK HISTORY HELPS US UNDERSTAND HOW PROLONGED STRESS AFFECTS THE MIND AND BODY, WHY REST, EMOTIONAL EXPRESSION, AND COMMUNITY SUPPORT ARE NOT INDULGENCES, BUT NECESSITIES. LONG BEFORE “WELLNESS” BECAME A TREND, THESE PRACTICES EXISTED AS TOOLS FOR SURVIVAL AND PRESERVATION.

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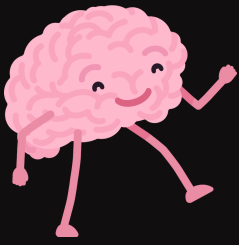
AT THE SAME TIME, THIS HISTORY REMINDS US THAT HEALING DOES NOT HAPPEN IN ISOLATION. BLACK COMMUNITIES HAVE LONG RELIED ON COLLECTIVE CARE—THROUGH FAMILY, SPIRITUALITY, ART, MOVEMENT, AND SHARED JOY —TO ENDURE AND TO HEAL. THESE APPROACHES TO WELLNESS OFFER VALUABLE INSIGHT FOR EVERYONE, ESPECIALLY IN A WORLD THAT OFTEN PRIORITIZES PRODUCTIVITY OVER WELL-BEING AND INDIVIDUALISM OVER CONNECTION.

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WE BELIEVE THAT HONORING BLACK HISTORY ALSO MEANS RECOGNIZING THE WISDOM IT OFFERS BEYOND ONE COMMUNITY. WHEN WE LEARN FROM HISTORIES SHAPED BY RESILIENCE, WE CREATE MORE COMPASSIONATE, INCLUSIVE PATHWAYS TO MENTAL HEALTH. CHOOSING THERAPY, REST, BOUNDARIES, AND JOY BECOMES NOT ONLY AN ACT OF SELF-CARE, BUT AN ACT OF SUSTAINABILITY AND PROGRESS—FOR OURSELVES AND FOR FUTURE GENERATIONS.

THIS MONTH AND BEYOND, WE INVITE ALL COMMUNITIES TO REFLECT, LISTEN, AND LEARN. WELLNESS IS NOT SEPARATE FROM HISTORY—IT IS SHAPED BY IT. AND WHEN WE ACKNOWLEDGE THE PAST WITH HONESTY AND CARE, WE CREATE SPACE FOR HEALING THAT IS DEEPER, MORE EQUITABLE, AND TRULY COLLECTIVE.





Why Mental **Mental Health** Matters

MENTAL HEALTH AND SELF-WELLNESS MATTER BECAUSE THEY SHAPE HOW WE MOVE THROUGH THE WORLD, CONNECT WITH OTHERS, AND CARE FOR OURSELVES OVER TIME. WELLNESS IS NOT ABOUT PERFECTION OR PRODUCTIVITY—IT'S ABOUT SUSTAINABILITY, BALANCE, AND HONORING THE FULL HUMAN EXPERIENCE.

WHEN MENTAL HEALTH IS SUPPORTED, INDIVIDUALS ARE BETTER EQUIPPED TO NAVIGATE STRESS, PROCESS EMOTIONS, AND BUILD HEALTHY RELATIONSHIPS. WHEN IT'S OVERLOOKED, EVEN DAILY LIFE CAN FEEL OVERWHELMING. SELF-WELLNESS ACTS AS BOTH CARE AND PREVENTION, CREATING SPACE FOR REST, REFLECTION, AND RECOVERY BEFORE BURNOUT TAKES HOLD.

WE BELIEVE WELLNESS IS ESSENTIAL, NOT OPTIONAL. PRIORITIZING MENTAL AND EMOTIONAL WELL-BEING CHALLENGES THE CULTURE OF CONSTANT DOING AND INVITES A MORE COMPASSIONATE WAY OF LIVING. IT ENCOURAGES BOUNDARIES, SELF-AWARENESS, AND INTENTIONAL CARE—PRACTICES THAT PROTECT LONG-TERM HEALTH AND RESILIENCE.

WELLNESS ALSO EXTENDS BEYOND THE INDIVIDUAL. WHEN PEOPLE ARE SUPPORTED, COMMUNITIES THRIVE. RELATIONSHIPS DEEPEN, WORKPLACES BECOME MORE HUMANE, AND COLLECTIVE WELL-BEING BECOMES POSSIBLE. CARING FOR YOURSELF IS NOT SELFISH—IT IS FOUNDATIONAL.

AT ITS CORE, MENTAL HEALTH AND SELF-WELLNESS MATTER BECAUSE THEY ALLOW US TO LIVE WITH PRESENCE, PURPOSE, AND LONGEVITY. CHOOSING CARE IS CHOOSING A LIFE THAT IS WHOLE, GROUNDED, AND DEEPLY CONNECTED.

How to Stay Grounded in Your Mental Health & Self Wellness

1. SET BOUNDARIES WITH TECHNOLOGY

CONSTANT ACCESS CAN LEAD TO CONSTANT OVERWHELM. CREATE SMALL DIGITAL BOUNDARIES—SILENCING NOTIFICATIONS, LIMITING SOCIAL MEDIA TIME, OR STARTING AND ENDING YOUR DAY WITHOUT A SCREEN. MENTAL SPACE IS JUST AS IMPORTANT AS PHYSICAL REST.

2. PRIORITIZE REST WITHOUT GUILT

REST IS NOT SOMETHING YOU EARN; IT'S SOMETHING YOU NEED. MODERN CULTURE OFTEN GLORIFIES BUSYNESS, BUT CONSISTENT REST SUPPORTS FOCUS, EMOTIONAL REGULATION, AND LONG-TERM HEALTH. HONOR SLEEP, STILLNESS, AND MOMENTS OF PAUSE.

3. PRACTICE EMOTIONAL CHECK-INS

INSTEAD OF PUSHING THROUGH STRESS, PAUSE AND ASK YOURSELF HOW YOU'RE REALLY FEELING. NAMING EMOTIONS—WITHOUT JUDGMENT—HELPS PREVENT BUILDUP AND BURNOUT. AWARENESS IS A POWERFUL FORM OF CARE.

4. CREATE GROUNDING ROUTINES

SIMPLE, REPEATABLE RITUALS—MORNING STRETCHES, JOURNALING, WALKING, BREATHWORK, OR TEA BREAKS—OFFER STABILITY IN UNCERTAIN TIMES. CONSISTENCY CAN BE CALMING WHEN EVERYTHING ELSE FEELS UNPREDICTABLE.



5. PROTECT YOUR BOUNDARIES

OVERCOMMITTING IS A COMMON MODERN CHALLENGE. SAYING NO, ASKING FOR SUPPORT, AND HONORING YOUR LIMITS HELPS PRESERVE MENTAL AND EMOTIONAL ENERGY. BOUNDARIES ARE NOT BARRIERS—THEY ARE TOOLS FOR SUSTAINABILITY.

6. STAY CONNECTED TO COMMUNITY

ISOLATION IS INCREASINGLY COMMON, EVEN IN A HYPERCONNECTED WORLD. MEANINGFUL CONNECTION—WHETHER WITH FRIENDS, FAMILY, OR SUPPORTIVE SPACES—SUPPORTS EMOTIONAL RESILIENCE AND REMINDS US WE'RE NOT MEANT TO NAVIGATE LIFE ALONE.

7. SEEK SUPPORT WHEN NEEDED

THERAPY, COUNSELING, AND MENTAL HEALTH RESOURCES ARE ACTS OF STRENGTH, NOT WEAKNESS. HAVING SUPPORT DOESN'T MEAN SOMETHING IS WRONG—IT MEANS YOU VALUE YOUR WELL-BEING.

8. MAKE SPACE FOR JOY AND EXPRESSION

CREATIVITY, MOVEMENT, LAUGHTER, AND PLEASURE ARE ESSENTIAL PARTS OF WELLNESS. JOY HELPS REGULATE STRESS AND RECONNECTS US TO OURSELVES BEYOND PRODUCTIVITY.

Wellness Centers in the Area

MAINTAINING AND/OR BUILDING A GOOD MENTAL STATE FOR YOURSELF ISN'T EXPECTED TO BE EASY, SO DON'T THINK YOU HAVE TO DO IT ALONE.

HERE IS A LIST OF SOME WELLNESS CENTERS IN THE AREA TO ASSIST YOU ON YOUR JOURNEY IF NEEDED!

PRINCE GEORGE'S SPORTS & LEARNING COMPLEX (LANDOVER)

FEATURES A 20,000-SQ-FT FITNESS CENTER WITH STRENGTH, CARDIO, AND A 160-YRD JOGGING TRACK. (SOMETIMES A GOOD MENTAL SPACE STARTS WITH A STRONG PHYSICAL FOUNDATION)

SOUTHERN REGIONAL AQUATIC WELLNESS CENTER - ARTS (FORT WASHINGTON)

OFFERS A LAP POOL, WARM WATER POOL, AND A SPA. (A GREAT PLACE TO RELAX AND CLEAR YOUR MIND)

SOUTHERN REGIONAL TECHNOLOGY & RECREATION COMPLEX (FORT WASHINGTON)

PROVIDES VARIOUS HEALTH AND FITNESS PROGRAMS

PGCC WELLNESS AND MENTAL HEALTH CENTER (LARGO)

PROVIDES COUNSELING, HEALTH SERVICES, AND SUPPORT FOR STUDENTS.

CHEVERLY HEALTH CENTER (CHEVERLY)

OFFERS PUBLIC HEALTH SERVICES



American Heart Month

AMERICAN HEART MONTH IS AN ANNUAL OBSERVANCE HELD IN FEBRUARY THAT FOCUSES ON RAISING AWARENESS ABOUT HEART HEALTH AND CARDIOVASCULAR DISEASE, WHICH IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES.

WHAT IT'S ABOUT

AMERICAN HEART MONTH ENCOURAGES PEOPLE TO LEARN HOW THEIR DAILY HABITS IMPACT HEART HEALTH—INCLUDING MOVEMENT, NUTRITION, STRESS MANAGEMENT, SLEEP, AND REGULAR HEALTH SCREENINGS. IT ALSO HIGHLIGHTS PREVENTION, EDUCATION, AND EARLY DETECTION TO REDUCE THE RISK OF HEART DISEASE AND STROKE.

WHY IT MATTERS

HEART DISEASE AFFECTS PEOPLE OF ALL AGES AND BACKGROUNDS, OFTEN WITHOUT OBVIOUS SYMPTOMS. AMERICAN HEART MONTH BRINGS ATTENTION TO:

- THE IMPORTANCE OF HEALTHY LIFESTYLE CHOICES
- RECOGNIZING WARNING SIGNS OF HEART-RELATED ISSUES
- ADDRESSING HEALTH DISPARITIES THAT AFFECT ACCESS TO CARE AND OUTCOMES

EMPOWERING INDIVIDUALS TO TAKE PROACTIVE STEPS TOWARD LONG-TERM HEART WELLNESS
THE BIGGER PICTURE

AT ITS CORE, AMERICAN HEART MONTH IS ABOUT PREVENTION AND CARE. IT REMINDS US THAT HEART HEALTH IS CONNECTED TO OVERALL WELL-BEING—INCLUDING MENTAL HEALTH, STRESS LEVELS, AND EMOTIONAL WELLNESS. SMALL, CONSISTENT CHANGES CAN MAKE A MEANINGFUL DIFFERENCE OVER TIME.

