

October Newsletter



Started in 1981, **Domestic Violence Awareness Month** is held as a way to connect and unite individuals and organizations while raising awareness to end domestic violence. 1 in 5 women and 1 in 7 men have experienced domestic violence by an intimate partner. The goals of this month are to support victims and survivors, to hold abusers accountable, and to create and update legislation to further those goals.

Why Emotional Wellness is Important



October is also **Emotional Wellness Month** and is a time to take stock of our stress levels and make some changes. Stress can take a physical and mental toll on our health, so it's important to identify our biggest stressors and learn how to manage it. Try to journal your triggers, assess them, then see what methods are best to both prevent and manage your stress. Choosing activities that relax and make you happy are critical for reducing stress. Incorporating small breaks into your schedule can also help!

Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

We also offer coaching sessions, which is found to be helpful in managing holiday stress. Learn more on our [coaching page!](#)

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