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Diversity Corner

Please visit our [Diversity Corner Archives](#) page to view previous posts.



May is Mental Health Awareness Month, Older Americans Month, Asian American and Pacific Islander Heritage Month, and Jewish American Heritage Month.

Other notable dates: 5/5: Cinco de Mayo, 5/8: Buddha's Birthday, 5/17: International Day Against Homophobia, Transphobia, and Biphobia; 5/19: Malcolm X's Birthday

These are just a sampling of all Diversity, Inclusion, and Community events that take place around the world in the month of May.

With so many worthy and deep topics, here's some thoughts on Wellness and Mental Health.

In the global travel industry wellness is more important to recognize in the diverse culture we live in. Wellness comes in many forms, and Mental Health Awareness is increasingly becoming destigmatized, and more commonplace. We have seen public figures share their challenges with mental health in the media by way of talk shows, advertisements for online therapy, and more.

It's very important for all of us to take care of ourselves first to be available to take care of others and to be the best we can be in our work and personal lives! So, this month, be sure and to focus on YOU! Take some time for deep breaths, get some fresh air, socialize, take a yoga class, go for a run, take a bike ride, surf, swim, hike, meditate, take your pets on a walk, create pottery, or find a hobby that gets the juices flowing...whatever feeds your soul to keep showing up for YOU first!

Selfish Selfishness is a real and healthy thing.

"This above all; to thine own self be true." William Shakespeare