

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **PRIDE – Celebrating our LGBTQ+ Community**



Today's topic is PRIDE – Celebrating our LGBTQ+ Community. June 28th marks the anniversary of the Stonewall Inn police raid and the riots and protests that followed. This event was a major catalyst in the fight for LGBTQ+ equality. It might interest you to know that in 2019 approximately 2% of our LifeBridge Health employee base identified as LGBTQ+, and in 2017 a Gallup report listed that 4.5% of the adults in the US identify as LGBTQ+. Please review the links below to learn more about the LGBTQ+ Community, their specific health concerns, the fight for equality, and tips for how to be an “ally” to this Community. Check out these links!



[The History of PRIDE and What it Can Teach Us Today](#)

[LGBTQ Health](#)



[LGBTQ Community and Mental Health](#)

[10 Tips for Being an LGBTQ+ Ally](#)

[National LGBT Chamber of Commerce](#)



[COVID-19 and the LGBTQ Community](#)

