



Intersectionality Awareness Month

August marks Intersectionality Awareness Month, a time to recognize the interconnectedness of various social identities (race, gender, class, sexual orientation, ability, etc.) and how they impact individuals and communities. It's not just about acknowledging diversity; it's about understanding how these identities intersect and create unique experiences of privilege, oppression, and marginalization.

Why Intersectionality Matters

Traditional approaches to diversity often treat social identities as separate or additive. However, intersectionality emphasizes the overlapping nature of these identities and how they create a complex web of experiences. For example, a Black woman faces not only racial discrimination but also gender-based discrimination, and these forms of oppression interact and amplify each other.

- **Highlighting the experiences of marginalized groups:** Recognizing the unique challenges faced by individuals at the intersections of various identities, such as Black trans women, undocumented workers with disabilities, or LGBTQ+ people of color
- **Challenging systemic inequalities:** Examining how social, political, and economic systems perpetuate these inequalities and advocating for systemic change
- **Empowering collective action:** Recognizing that true progress requires collaboration across diverse communities, building solidarity, and amplifying marginalized voices

TAKING ACTION BEYOND AWARENESS

- **Educate yourself and others:** Learn about intersectionality and its relevance to various social justice issues. Resources like books, articles, and podcasts can be helpful
- **Engage in critical self-reflection:** Examine your own privileges and biases based on your social identities
- **Challenge discriminatory narratives:** Speak up against stereotypes and harmful generalizations about marginalized groups
- **Support organizations working for intersectional justice:** Donate, volunteer, or amplify their work through social media
- **Build coalitions and bridges across identity groups:** Collaborate with others to advocate for policies that address systemic inequalities

Remember Intersectionality Awareness Month is just a starting point. True progress requires ongoing commitment to dismantle systems of oppression, amplify marginalized voices, and embrace the inherent power of collective action.

Move with Calm

Did you know just five minutes of physical movement can boost your mood? It's also a good preventative measure to take care of your physical health. So let's work together in getting some physical activity in your daily routine whether that's over your lunch break or after work.

Start moving with curated Calm content

- 1 Step Away From the Computer** Take a quick break from computer work with a guided walking meditation.
- 2 Quality Moves Over Quantity** Try a short series of full-body movements so you can establish your inner strength.
- 3 Mental Health Walk** Listen to a combination of the sounds of New Zealand and lo-fi music so you can refresh your mind and body when you're out for a walk.
- 4 Movement Lesson - The 4 Pillars of Health** Learn how to regain control of your health through simple yet effective diet and lifestyle changes.