

# THRIVING!

THE NEWSLETTER OF BLACK PR WIRE, INC.

**Black PRWire**  
December 2022

## December is National Stress-Free Family Holiday Month

'Tis the season to be jolly, right? Although the holidays are all about cheer and joy, they can also be challenging for many. Some of the holiday activities can be a little overwhelming, giving way to holiday stress — cooking meals, shopping, cleaning, entertaining and traveling, to name a few. For these reasons, December is recognized as “National Stress-Free Family Holiday Month.”

When stress is ignored or bottled up, it can be mentally and emotionally draining and affect overall health. Luckily there are certain things that we can do to cope with stress and manage the holiday season.

1. Acknowledge your feelings. Everyone—adults, teens and even children – experiences stress from time to time.
2. Give yourself a break. Spending some minutes alone, without distractions, may refresh you enough to handle everything you need to do.
3. Make time to unwind. Try to do some other activities you enjoy.
4. Being realistic, planning ahead and seeking support

can help ward off stress and depression.

5. Ask for help. Sometimes stress can exceed what we are able to manage, even with the support of family and friends. In times like these, reach out to your healthcare provider or mental health professional.

Knowing yourself, your stressors, and the techniques to cope with stress can make all the difference in having a stress-free holiday. Enjoy the holidays!



## Black PR Wire Spreads End of Year Holiday Cheer



As we prepare to celebrate this special season, Black PR Wire will spread some end of the year holiday cheer.

We've wrapped up a special gift just for you! During the month of December, enjoy a 15% discount off all services! From news release postings and distributions, to video and ad placements on our site – everything is discounted 15% all month long.

To take advantage of this special offer, just use the promo code HOLIDAYCHEER to receive the 15% discount when you make your online purchase. Or simply give us a call at 1-877-BLACKPR!



Black PR Wire, Inc. is a premier news distribution service center that delivers to the very core and pulse of the Black community. The company holds a comprehensive listing of over 1,200

Black-owned publications and media, as well as provides services to social service and grassroots organizations and influential leaders throughout the United States and the Caribbean.

Plus, we provide our services in English and Creole. To find out more about Black PR Wire, Inc., call us toll free at 1-877-BlackPR or visit the website at: [WWW.BLACKPRWIRE.COM](http://WWW.BLACKPRWIRE.COM).

“There is POWER in the Wire... At Black PR Wire, we distribute the news our media can use!”

## Power Profiler: Hakeem Jeffries



Hakeem Jeffries is an American politician and attorney. In 2022, he was elected to lead the House of Democrats, succeeding Nancy Pelosi. He will become the first Black person to lead one of the two major parties in either chamber of Congress.

A native of Brooklyn, New York, this rising political star studied political science at Binghamton University and earned his bachelor's degree in 1992. During his time at Binghamton, Jeffries became a Kappa Alpha Psi fraternity member. Jeffries completed graduate studies at the McCourt School of Public Policy at Georgetown University, where he earned a Master of Public Policy degree in 1994. He attended the New York University School of Law, where he earned his Juris Doctorate and was a member of the New York University Law Review. Jeffries was first elected to Congress in 2013 after serving in the New

York State Legislature. Now in his fifth term in the House of Representatives, he currently serves as a member of the House Judiciary Committee and House Budget Committee. Before being elected House Democratic leader, Jeffries was the fifth highest-ranking Democrat in the House of Representatives. Jeffries is also the chairman of the House Democratic Caucus and the former whip of the Congressional Black Caucus. Before serving in Congress, Jeffries served six years in the New York State Assembly.

In Congress, Jeffries is a tireless advocate for social and economic justice. He has authored several bills, including the Slain Officer Family Support Act of 2015, the Keep America's Refuges Operational Act and the First Step Act, a bipartisan criminal justice reform bill.



### CALENDAR OF EVENTS

## DECEMBER 2022

This section is designed to keep you in the know and on the go. Check out some of the latest happenings in Black communities throughout the country this month.

### OUR TEAM

**Bernadette A. Morris**  
President/CEO  
bmorris@blackprwire.com

**Ricardo F. Reyes**  
AVP/Creative Director  
rreyes@blackprwire.com

**Tanisha Coleman**  
Marketing Manager  
tcoleman@blackprwire.com

**Luisa Martinez**  
Account Executive  
lmartinez@sonshine.com

**Alyssa Leys**  
Senior Graphic Designer  
aleys@sonshine.com

**Camry Brown**  
Account Services Coordinator  
cbrown@blackprwire.com

**Teodoras Vitkauskas**  
Webmaster  
tvitkauskas@blackprwire.com



Facebook.com/  
BLACKPRWIRE

@BLACKPRWIRE

@BLACKPRWIRE

FOR A COMPLETE LISTING OF EVENTS, PLEASE VISIT [WWW.BLACKPRWIRE.COM](http://WWW.BLACKPRWIRE.COM)

### BPRW ALLIANCES

Black PR Wire has several alliances and strategic partnerships with wire services and national organizations.

They include:

