



The AFA Human Rights and Equity Committee is committed to providing the broadest possible representation of our members regardless of age, disability, marital status, national origin, ethnicity, race, religion, sex, sexual orientation, gender, gender identity and gender expression. We honor and celebrate the shared humanity of the members in our care. We shall at all times endeavor to promote the principles of tolerance, fairness, equity, justice, respect and inclusion within our Union.



ASIAN PACIFIC AMERICAN

HERITAGE MONTH

HONOR AND CELEBRATE

VISIT AN AAPI MUSEUM

WATCH: ASIAN AMERICANS BY PBS; A FIVE-EPIISODE SERIES ON THE FASTEST-GROWING ETHNIC GROUP IN AMERICAN HISTORY

SUPPORT AAPI OWNED BUSINESSES

SPREAD AWARENESS TO SUPPORT UNDERSTANDING OF THE AAPI COMMUNITY

READ BOOKS BY AAPI AUTHORS

FOLLOW AAPI LEADERS, ACTIVISTS, AND EDUCATORS ON SOCIAL MEDIA

FOR MORE INFORMATION VISIT: [HTTPS://ASIANPACIFICHERITAGE.GOV](https://asianpacificheritage.gov)

LEARN

AFA IS PROUD TO CELEBRATE ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE (AAPI) MONTH IN MAY, AN ANNUAL NATIONAL OBSERVANCE CELEBRATING THE CONTRIBUTIONS AND INFLUENCE OF ASIAN AMERICANS AND PACIFIC ISLANDER AMERICANS TO THE HISTORY, CULTURE, AND ACHIEVEMENTS OF THE UNITED STATES.

IT RAISES AWARENESS ABOUT CHALLENGES INCLUDING DISCRIMINATION, RACISM, AND XENOPHOBIA

THE MONTH OF MAY WAS CHOSEN TO MARK THE ARRIVAL OF THE FIRST JAPANESE IMMIGRANT TO THE UNITED STATES ON MAY 7, 1843, AS WELL AS THE ANNIVERSARY OF THE COMPLETION OF THE TRANSCONTINENTAL RAILROAD ON MAY 10, 1869

FOR MOST OF U.S. HISTORY, ASIAN IMMIGRANTS WERE PORTRAYED AS UNDESIRABLE AND A THREAT TO WESTERN CIVILIZATION. ACCORDINGLY, ASIAN IMMIGRANTS WERE INELIGIBLE FOR CITIZENSHIP BASED ON RACE AND SUBJECT TO THE MOST SEVERE IMMIGRATION RESTRICTIONS. ONE DEFINING MOMENT IN U.S. IMMIGRATION POLICY HISTORY WAS THE CHINESE EXCLUSION ACT OF 1882.

THE PACIFIC ISLANDER COMMUNITY IS DIVERSE AND VIBRANT, WITH A RICH HERITAGE THAT ENCOMPASSES A WIDE RANGE OF CULTURES AND TRADITIONS. THIS COMMUNITY COMPRISES THE INDIGENOUS PEOPLES OF THE PACIFIC ISLANDS, WHICH INCLUDE COUNTRIES SUCH AS FIJI, SAMOA, TONGA, AND HAWAII, AMONG OTHERS.

THE 2024 THEME FOR AAPI HERITAGE MONTH HAS BEEN DUBBED "ADVANCING LEADERS THROUGH INNOVATION" BY THE FEDERAL ASIAN PACIFIC AMERICAN COUNCIL

PROUD TO BE ASIAN
PROUD TO BE PACIFIC ISLANDER
PROUD TO BE AMERICAN



SEND IN PHOTOS REPPING YOUR AAPI PINS!



LET'S END THE STIGMA TOGETHER!
1 IN 5 AMERICANS EXPERIENCE
MENTAL ILLNESS EACH YEAR AND
ONLY 1/2 OF THEM RECEIVE
TREATMENT

EMPLOYEE ASSISTANCE PROGRAM (EAP):

AFA EAP ASSISTS FLIGHT ATTENDANTS WITH PROFESSIONAL AND PERSONAL LIFE CHANGES. COUNSELING SERVICES FOR DEPRESSION, EATING DISORDERS, DRUG/ALCOHOL ADDICTION, AND SO MUCH MORE! THIS IS 100% CONFIDENTIAL. ANY CHALLENGE A FLIGHT ATTENDANT MAY FACE, THE EMPLOYEE ASSISTANCE PROGRAM IS HERE FOR YOU!

TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING



MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.

MAY

Book Recommendations

Dear Haiti, Love
Alaine



★ 5.0

Maybe You Should
Talk to Someone



★ 5.0

Lies and Weddings



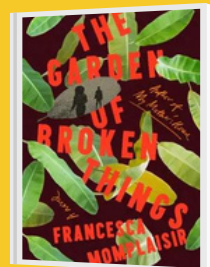
★ 5.0

Real Americans



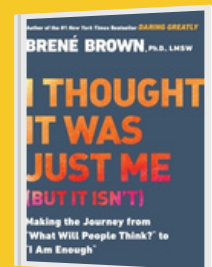
★ 5.0

The Garden of
Broken Things



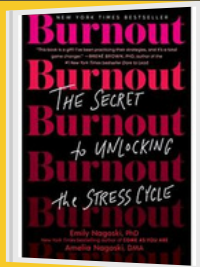
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I Thought It Was Just
Me (But It Isn't)



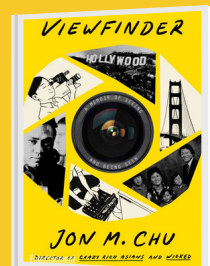
★ 5.0

Burnout: The Secret
to Unlocking the
Stress Cycle



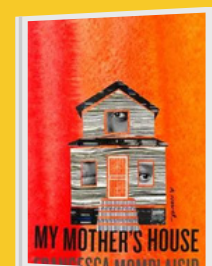
★ 5.0

Viewfinder



★ 5.0

My Mother's House



★ 5.0