

# Diversity Calendar Resources for July 2024

## Nelson Mandela International Day: July 18

One of the special days highlighted in the Diversity calendar for the month of July is Nelson Mandela International Day. This day is celebrated on July 19. Mandela's refusal to give in to hate and his belief in 'Transformation through Forgiveness' is an inspiration to all of us. The Nelson Mandela International Day pays tribute to Mandela's fight for freedom and equality for all. We honour this day through committing to fight all inequalities and through standing alongside individuals who experience exclusion and discrimination. As a quote from Mandela reminds us:



**“No one is born hating another person because of the colour of *their* skin, or *their* background, or *their* religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”**

*(italics show changes to original quote – use of inclusive pronouns)*

Read more at

<https://www.weforum.org/agenda/2023/07/nelson-mandela-south-africa-quotes-madiba-inspiration/>

<https://www.un.org/en/events/mandeladay/>

## International Self-Care Day: July 24

International Self-Care Day promotes self-care as a vital foundation of health.

The Seven Pillars of Self-Care are:

1. Health Literacy
2. Self-Awareness
3. Physical Activity
4. Healthy Eating
5. Risk Avoidance
6. Good Hygiene
7. Optimal Use of Products and Services



<https://selfcare.ca/health-literacy/>

## International Day of Friendship: July 30

The International Day of Friendship proclaimed in 2011 by the UN General Assembly serves as yet another reminder that friendship between diverse individuals forms the basis for building bridges and inspiring peace. The emphasis is on involving young people who are the future leaders of our communities in initiatives and activities that promote understanding and respect for everyone.

<https://www.un.org/en/observances/friendship-day>

