



Diversity Equity and Inclusion

Let's Recognize

- December 10th is Human Rights Day which was adopted by the United Nations General Assembly in 1948 as the Universal Declaration of Human Rights (UDHR). The UDHR is a milestone document, which proclaims the inalienable rights that everyone is entitled to as a human being – regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth, or other status. Available in more than [500 languages](#), it is the most translated document in the world.
- December 3rd is International Day of Persons with Disabilities. The annual observance was proclaimed in 1992, by the United Nations General Assembly. The observance of the day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.
- December is National Stress-Free Family Holidays Month. This observance serves as a reminder to use the holidays as time to focus on what is important and make efforts to decrease personal stress and the stress of loved-ones. Here are 9 ways to observe National Stress-Free Family Holidays Month and attempt to have a stress-free holiday:
 1. Maintain your foundation for mental wellness by eating healthy, exercising regularly, and getting enough sleep
 2. Practice patience and forgiveness
 3. Manage your expectations
 4. Take a break from social media
 5. Manage your time
 6. Delegate tasks
 7. Avoid traffic and crowds
 8. Practice self-care
 9. Practice generosity of spirit

Content Club

- ▶ [Celebrating Human Rights Day](#)
- ▶ [Holiday Stress](#)
- ▶ [International Day of Persons with Disabilities](#)

Toolkit & Resources

Effective January 1, 2023, Katz Media's parent company iHeartMedia will offer a NEW Employee Assistance Program (EAP) provider, Lyra Health, in support of mental health care for iHeart employees and their families.

If you are currently being treated by old EAP provider New Directions, ask if that provider is in network with your medical provider and continue care with them through the medical plan, or select a new provider through the Lyra network. Contact Lyra Health to get started today: iheartmedia.lyrahealth.com or call Lyra at 877-202-1640.

Staff Spotlight: Nana Kofi Dadson



Nana Kofi Dadson has been with Katz as the Associate Manager of Creative Marketing since the fall of 2021. Before Katz, he specialized in experiential marketing, social media marketing, journalism, and more at companies like the LA Clippers, Living Spaces Furniture, and TMZ. Kofi enjoys spending time with his wife and dog, loves music, and has a deep passion for equal representation in media. He looks forward to learning from and growing with the amazing team at Katz Media.