



Fatherhood Newsletter



The Hidden Wellness Crisis for Black Men



Black men, toxic jobs may be killing us. We may not want to hear it, but the best way to care for our kids and wives isn't working ourselves into the ground — it's prioritizing our health and doing everything within our power to maximize our longevity and happiness. This includes going to the doctor, checking in with our mental health, and, if necessary, removing ourselves from unhealthy corporate environments.

In this episode of I Am Dad podcast, Kenneth Braswell and Justin Grant discuss how job stress and workplace culture can harm Black men's physical, mental, and emotional well-being. These negative impacts — and what to do about them — are the subject of *Company Men: A Wellness Guide for Black Men in Corporate America*, a new book researched and written by Grant, who saw many Black men in high-pressure jobs succumb to serious health issues. While the stress of climbing the corporate ladder challenges many executives, he says the culture can be especially repressive for Black men.

As part of this conversation, Braswell and Grant offer career and health insights from their perspectives as Black men and confess past failures to listen to their bodies, go to the doctor, and tend to their mental health. A common thread in their story is what motivated them to stop neglecting their health: Black fatherhood... and wanting to be around as long as possible for their loved ones.

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“Life doesn't come with an instruction book — that's why we have fathers.”

H. Jackson Browne

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ICS, Inc., Project Head Start Preschool congratulates all of the centers and fatherhood participants for a job well done !



BREATHTAKING FATHER— CHILD MOMENTS

The Fatherhood events that were held throughout the school year were absolutely AWESOME !



When dads are present and actively engaged in raising their children, their children, on average..

1. Have better, healthier relationships

- ◆ Make wiser decisions about relationships
- ◆ Less inclined to have intimate relations too young
- ◆ More likely to exhibit collaboration with others
- ◆ Be more responsible in their relationships

2. Have better emotional health and control

- ◆ More likely to be non— aggressive toward others
- ◆ Four times less likely to be prone to anxiety or depression
- ◆ Less likely to have behavioral and emotional difficulties

3. Have better physical health

- ◆ Twice as likely to be physically fit
- ◆ Probably more likely to be breastfed
- ◆ Two times less likely to be a victim of sudden infant death syndrome

4. Are less likely to become addicted to substances

- ◆ Less inclined to use and abuse alcohol
- ◆ Less prone to use and abuse drugs
- ◆ Less likely to become depressed, which some times leads to addictive behavior

