

IDAHOBIT

with Matt

IDAHOBIT means allowing people to feel comfortable and safe to be themselves and to love who they want. It's about accepting and embracing each others differences and raising awareness about the rights of the LGBTQI+ community!

I'll be reflecting on how far the LGBTQI+ community has come since centuries ago. We've fought a tough battle for our rights, and I'm so proud how much we've achieved to be accepted in a community that may seem otherwise.

I would say making sure you keep an open mind in everything that you do. Acknowledging that everyone is different and learning to embrace that. I would also encourage people to look out for one another during COVID-19. If you see someone struggling or needs help at work, school or in the public please lend a helping hand if it's safe. Small acts of kindness go a long way and make people feel as though they belong in the community. Let's work together!

We can all agree that times are tough, but please know that there is always a light at the end of the tunnel. Take time to focus on your self and do things that'll help benefit your mental health like going for a run, painting, creating a new song or a new dance. Be creative, trust me you'll surprise yourself. Not only that, if you feel as though you don't want to do anything and you want to just relax and unwind with a movie, that's fine too! Don't feel entitled to try and do things every day. It's okay to do absolutely nothing.