

National Association of Hispanic Journalists Launches Wellness Initiative

NAHJ Cares promotes a cultural shift within journalism that emphasizes personal wellness as a foundation for professional success.

May 9, 2025 By Laura Schmidt

This Mental Health Awareness Month, the National Association of Hispanic Journalists (NAHJ) has launched a program dedicated to prioritizing the physical, [mental](#) and emotional wellness of Latino journalists, according to an [NAHJ news release](#).

The initiative aims to help Latino journalists balance their important work with self-care.

“The launch of NAHJ Cares reflects our unwavering commitment to the well-being of Latino journalists,” said NAHJ executive director Yaneth Guillén-Díaz in the release. “As our members navigate the growing challenges of the journalism industry, this initiative will provide the critical tools, resources and support they need to prioritize their health while continuing to make a profound impact on our communities.”

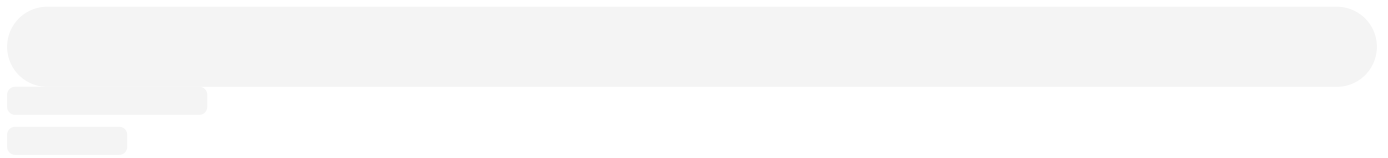
According to the release, key programming areas include:

- Mental health and resilience: tools and discussions to address burnout, foster self-care and encourage long-term mental well-being;
- Digital safety and security: resources to protect journalists in digital and high-risk environments;
- Legal resources and support: access to expert legal advice for journalists facing professional challenges;
- Local physical activities: fitness events and community-building activities led by Health & Fit

Ambassadors;

- Nutrition, food and culture: sessions exploring [healthy eating](#) through the lens of Latino culinary traditions;
- Mindfulness, meditation and joy: webinars and activities promoting mindfulness and joy in daily life;
- Money management and financial freedom: workshops on budgeting, financial planning and retirement strategies.

Programming will expand at the [NAHJ 2025 Conference and Expo](#) in Chicago (July 9 through 12). In addition to career development opportunities and nearly 100 expert-led panel discussions, including 20 in Spanish, the conference will feature a morning exercise group and cultural presentations.



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A post shared by NAHJ (@officialnahj)

Through the new initiative, NAHJ aims to promote a cultural shift within the journalism industry that emphasizes the importance of personal wellness as a foundation for long-term professional success.

Browse [NAHJ's website](#) for in-person events and webinars, such as "[Journalism Careers Essentials In the Mobile Device Era](#)" on May 13, which will explore how mobile technology is reshaping journalism careers, how to build a strong digital presence, the future of journalism and more.

To read more, click [#Mental Health](#). There, you'll find headlines such as "[Psychologist Discusses Mental Health Stigma Among Latinos](#)," "[Decades of National Suicide Prevention Policies Haven't Slowed the Deaths](#)" and "[Study Highlights Physical and Emotional Impact of California Wildfires](#)."

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