

Founder of Self Love Day Danni Benson Featured on NBC 10 WHEC for Black History Month

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History Month

Danni Benson, the visionary behind Self Love Day, was recently spotlighted in a news story by NBC 10 WHEC in celebration of Black History Month. The segment focused on Benson's remarkable journey as a mental health advocate and her profound impact on fostering self-love and care within communities.

Governor Cuomo's proclamation on February 13, 2020, declaring Self Love Day in New York annually on the same date, underscored the significance of Benson's mission. This declaration solidifies the importance of prioritizing mental health and nurturing oneself with compassion and care.

In the news feature, Benson emphasized the critical need for individuals to prioritize their mental well-being, especially within marginalized communities. She passionately advocated for the practice of pouring love and self-care into oneself as a transformative tool for personal growth and resilience.

As the Founder of Self Love Day, Benson continues to inspire countless individuals to embrace self-love as a cornerstone of holistic wellness. Her dedication to mental health advocacy and empowering others to prioritize self-care serves as a beacon of hope and resilience for communities worldwide.

Danni Benson



To watch video link below:
<https://www.whec.com/top-news/black-history-month-the-founder-of-self-love-day/>

For media inquiries or to learn more about Danni Benson and Self Love Day, please contact:

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Danni Benson

[Danni Benson](#), the founder of Self-Love Day and owns the Self Love Day trademark with USPTO Self Love Day. Danni Benson is also the driving force behind initiatives like "I'm Proud of You Sis" and her podcast of the same name, has been instrumental in advocating for mental health awareness, particularly among young people. Her efforts were recently acknowledged with a Proclamation by Nassau Executive of New York Bruce Blakeman, designating February 13th as Self Love Day in recognition of her tireless work. This follows earlier recognition from New York State Assemblywoman Kimberly Jean Pierre of New York in 2020, who officially recognized Self-Love Day to elevate the conversation around mental health.

Assemblywoman Kimberly Jean Pierre gave Danni Benson a proclamation for International Women's Day in March and also for her 100th episode for her podcast, I'm Proud of You Sis, where Danni Benson is the host of her own show and brings on amazing guests to give them their flowers. Danni launched her podcast in January 2021 where you can watch her podcast show live every Wednesday at 6pm on her Facebook and Youtube channel, I'm Proud of You Sis. Thanks to Danni Benson's relentless advocacy Suffolk County Executive of New York Steve Bellone also honored Danni Benson with a proclamation for her empowering efforts for women and her advocacy for stronger mental health laws to safeguard children nationwide.

Danni Benson's philosophy, emphasizing the critical link between self-esteem and life success, underscores the significance of her work. Through her platforms and initiatives, she continues to inspire and uplift individuals while championing the importance of mental well-being in our communities and beyond. Danni Benson is currently working with politicians on laws that advocate and support mental health especially in our youth. Danni Benson owns the trademark Self Love Day and I'm Proud of You Sis with USPTO.



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