



July is BIPOC Mental Health Awareness Month

Nourishing our roots: Prioritizing self-care and nutrition for mental wellbeing

For Black, Indigenous and People of Color (BIPOC), self-care and nourishment aren't just about healthy habits—they're about restoration, resilience and reclaiming wellbeing in a world that often makes these things harder to access.

Research shows that BIPOC communities experience higher rates of diet-related illnesses like diabetes, obesity and heart disease¹—conditions that can increase chronic stress and affect mental health.²

Practicing self-care and making intentional nutrition choices can lower stress, uplift your spirit and strengthen your mental wellbeing. Consider these tips.

- 1 **Breathe and be still:** Deep breathing and meditation practices from various traditions can help reduce stress and restore balance.
- 2 **Move with joy:** Dancing to music rooted in your culture—or others—can bring joy and celebrate self-expression.
- 3 **Seek affirming support:** Supportive professionals who respect your identity and lived experiences can help you develop strategies to flourish.
- 4 **Explore nutrient-rich foods:** Traditional greens and vegetables from various cultures contain nutrients that support positive mood, focus and energy.
- 5 **Honor culinary traditions:** Cooking with familiar herbs and spices can connect you to your heritage and nourish your wellbeing.

When we honor our roots through self-care and nourishment, we restore balance and build resilience.



Scan the QR code to visit Member.MagellanHealthcare.com (enter Principal Core) or call your Employee Assistance Program at 1-800-450-1327 (TTY 711) to get started.