



July is BIPOC Mental Health Awareness Month

# Support your mental wellbeing through culture, care and connection

For Black, Indigenous and People of Color (BIPOC), food can be a powerful way to connect with heritage, foster healing and honor traditions. Combined with meaningful self-care practices, these connections can help support mental wellbeing and bring balance to our lives.

## Nourish with tradition

Replace processed food with fresh ingredients rooted in your culture and swap out sugary drinks with herbal teas or infused water.

## Restore through cultural self-care

Make space for practices that ground and affirm you—like dancing to familiar music, journaling your story or honoring spiritual traditions.

## Connect through shared meals

Cook with others, exchange recipes or host a potluck where each person brings a dish that reflects their heritage.

Maintaining even the smallest connection to your cultural roots can help you feel more grounded and resilient.



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