



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 disease<sup>1</sup>—conditions that can increase chronic stress and affect mental health.<sup>2</sup>

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.



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