

TERRIFIC TUESDAY

To all staff, students, peer workers and volunteers at Punjabi Community Health Services, **WELCOME TO OUR PCHS MENTAL HEALTH WEEK!** This year the Sahara Mental Health Program would like to bring to your attention the discrimination and the stigma that often goes hand in hand with mental illness. It is beneficial for our beautiful global population to raise awareness, educate ourselves and build support. Everyone has the ability to take initiative and be supportive for someone at home, for a friend or colleague at work, and especially for **YOURSELF**.

"GO AHEAD, GET STARTED" 

PCHS Mental Health Week Daily TIP:

Take time for your mental health! Eat breakfast. Grab a healthy snack. Drink plenty of water. Get up and move around if you have been sitting for a while. What you do to energize yourself through food, water and exercise can have a significant impact on your mental health.

PCHS Mental Health Week Daily TASK:

During **TERRIFIC TUESDAY**, staff, students and volunteers should team up with a co-workers and go on a 15-minute walk. Preferably on your lunch break after you have replenished yourself with high nutrient food. This will help you digest your food more efficiently and help relieve stress and work related anxiety.

PCHS Mental Health Week Daily HOMEWORK:

The types of food we ingest during our evenings can greatly affect our mental health. It is proven that individuals go throughout their days relatively making healthier food choices. However, in the evenings or late nights our bodies crave types of foods with a higher carbohydrate value and higher sugar level value. It is okay to treat yourself once in a while but remember, the food choices you make in the evenings and at night time will heavily affect your mental health the next day.

Thank You,

Sahara Mental Health Program