



## THOUGHTFUL THURSDAY

To all staff, students, peer worker 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:

Think of others and say thank-you! Support. Talk. Socialize. Ask for help. Build a team. Social support is a great buffer to the challenges that we face. Unity and solidarity is a cornerstone for support.

### PCHS Mental Health Week Daily Task:

All of the teams at PCHS work hard to ensure our clients and the organization is always supported and we all prioritize our time during work to achieve these objectives. Today, please take time out to make sure your colleagues and co-workers in YOUR TEAM are being supported. Ask them about their day, challenges, their personal life and most importantly ask them if they are feeling supported or need support. While doing this please be mindful of your body language. Our biggest form of communication is our body language, not through verbalizing. Do not do this exercise for the sake of completing the task, stay in tune and be prepared to offer your support if it is needed.

### PCHS Mental Health Week Daily Homework:

Work stress often may bring upon exhaustion and cause us to neglect our friends, siblings, parents, children, spouses, companions, neighbors etc. Take time out of your busy day to offer your support and talk to your loved ones. Ask them about their day, challenges and offer your support. This does not have to be in person, sometimes a phone call can validate someone's importance and show them you care. Happy **THOUGHTFUL THURSDAY!**

Thank You,  
**Sahara Mental Health Program**