



# **MENTAL HEALTH WEEK 2016**

## **WONDERFUL WEDNESDAY**

**T**o 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:**

Wake up your playful side! Enjoy your humorous side. Tell a joke. Look for the fun side and keep life in perspective. It takes fewer muscles to smile than to frown. laugh/humor therapy is really beneficial for your heart and mental health. So turn off your work calendar for a little while and let loose.

### **PCHS Mental Health Week Daily TASK:**

Take 15 minutes out of your work day to go online and find 3 jokes. Please keep in mind that these joke should be non – discriminatory and should not offend anyone's beliefs, ethics or morals. After you have found your 3 jokes, make it your goal to tell these jokes to three different co – workers. Jokes can be very therapeutic because laughter reduces stress hormones, improves cardiac health and helps to release endorphins.

### **PCHS Mental Health Week Daily HOMEWORK:**

It is often too common for individuals to take their work stress home with them. Even though we mean well, the mental health implications are greatly increased by doing this. For **WONDERFUL WEDNESDAY**, remember to laugh and try to watch a good comedy movie with yourself, with your friends, or with your family. Throughout this experience remember to be in the present mindset and try not to think about the past or future. Constant focus on the past can cause depression and constant focus about the future can lead to anxiety.

Thank You,

**Sahara Mental Health Program**