

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

July is BIPOC Mental Health Month

Let's bring attention to minority mental health disparities and generate greater awareness to improve access and treatment.



Black, Indigenous, and People of Color (BIPOC) are individuals impacted both in terms of increased risk for mental health problems and in their access to mental health care. Unfortunately, systemic barriers and inequities all too often prevent those in BIPOC communities from receiving the behavioral health treatment they need.¹

If you have run into obstacles with finding quality mental healthcare due to stigma, discrimination, and lack of access to care — there are ways for all of us to take charge of emotional, psychological, and social well-being. Learn to Live's easy-to-access digital programs use research-supported Cognitive Behavioral Therapy (CBT) strategies to help you improve your overall well-being and feel less fearful about taking these steps for yourself.

Not sure where to start? Here are a few ideas on how you can prioritize your mental well-being:

- Acknowledge your feelings – when you don't pause to recognize negative emotions, they can pile up and come out in unhelpful ways. Pause once per day to reflect on the difficult thoughts and emotions you experienced.
- Exercise – movement is known to boost all aspects of well-being. Take a few 5-minute walks each day to improve mood and energy levels and decrease unhelpful behaviors like comfort eating.¹
- Connect with others – the reliable support of a few trusted friends and family members improves our ability to cope with stress and leads to 'a stronger sense of purpose'.² You don't have to struggle alone. Make any of them a Teammate to support you on your journey.

Learn to Live's programs, webinars, and Coaches can help you with additional ideas for aligning your mind and body so that you can live your life to the fullest. Take our free, confidential assessment to gain a better understanding of where you stand. We are here to help! Simply download our app or visit learntolive.com/partners and enter access code **INTACT1** to begin a program today.

¹ BIPOC and Mental Health: Disparities | Minority Mental Health — EverMind (evermindgroup.com)

² <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-016-0437-z>

³ <https://www.piedmont.org/living-better/4-reasons-friends-and-family-are-good-for-your-health#:~:text=improves%20psychological%20well%20being.,a%20stronger%20sense%20of%20purpose>