



MAKE YOUR MENTAL HEALTH A PRIORITY

Mental Health is an essential part of your overall wellbeing and includes your ability to function and be productive, to connect with others, and to navigate adversity and stress. The quality of your mental health can impact your thoughts, feelings, and behaviors and it can be impacted by personal, social and societal factors and experiences.

It is also important to think about mental health in the context of culture and cultural identity. Our cultural identities (e.g., race/ethnicity, gender identity, age, sexual identity, religion, ability status, nationality, etc.) impact our beliefs, perceptions, and experiences – the way we see and interact in the world and the way the world sees and responds to us. The very real experiences of discrimination, social injustice, and cultural bias can directly impact our mental health.

On the other hand, having a strong connection to one's community, pride in one's cultural identities, feeling capable and equipped with different coping skills, and focusing on collective care can serve as protective factors that enhance our mental health. **Project HairCare** is committed to tapping into the strength of this community, including barbers and stylists, to provide resources, support, and to increase understanding about mental health and wellness.

Below are a few general ideas to keep in mind when thinking about mental health and on the back of this page are some more specific strategies to help promote wellness in multiple areas of your life.

CHECK IN WITH YOURSELF

How are you feeling today? This simple act can increase self-awareness and provide an opportunity to stay on top of minor challenges before they become larger issues.



TRY NEW SKILLS

What about journaling or a gratitude practice? Try something new or refine skills you already have. The willingness to learn and grow is a hallmark of health and emotional maturity.



KEEP LEARNING

Learning more about mental health and different wellness strategies can help you become a self-advocate, identify available resources and provide support to others.



REACH OUT WHEN YOU NEED HELP

When a mental health challenge starts to affect your life, it's time to reach out for support. There is nothing wrong with asking for help. Talk to someone you trust, such as a friend, family member, counselor, or faith leader.





UNLOCKING YOUR WELLNESS

Identifying and understanding wellness strategies in these six areas is key to your overall mental health.



EMOTIONAL: This is about you and your feelings. It all starts here: How you're feeling can affect your happiness, your relationships, and your performance at work.

Ask yourself: *Do you acknowledge and successfully manage your feelings? Expanding your vocabulary to more accurately name your emotions is a helpful starting point.*



PHYSICAL: Just as healthy habits – eating well, sleeping well, exercising regularly – can affect your physical health, they can also affect your mental wellness.

Give it a try: *Find opportunities to move throughout your day. Take a 10-minute walk. Be intentional about stretching every hour. Try chair yoga!*



SOCIAL: This is about you and the people in your life. It's important to have a support network – to feel like you belong and are connected to others.

Give it a try: *There are many ways you can initiate connections with the important people in your life. Text an old friend out of the blue. Mail a card. Make a plan for this weekend with your friends or family.*



SPIRITUAL: This is about finding a sense of purpose in your life and developing meaningful connections. Some people find spiritual wellness in faith communities or volunteer activities.

Ask yourself: *What are your core values? How would you define your purpose? Identify the values that are most important to you. Think about the mark you want to leave on the world.*



INTELLECTUAL: What are you interested in? What gets you excited to learn more? This is about finding activities that promote curiosity, learning, and creativity.

Ask yourself: *Are you curious and open to new experiences and adventures? Try something new. Take a cooking or yoga class, or explore a new park nearby.*



PROFESSIONAL: It's important to gain satisfaction and financial stability from your work.

Give it a try: *It's important to set aside time for life outside work, too. Carve out time for your hobbies. Try journaling. Find time to read.*

MORE INFORMATION

About Project HairCare: Barbers and stylists are trusted members of the Black community who provide a sacred space where their clients often share successes and stresses, including stories related to mental health. Project HairCare is focused on expanding these stories in the shops and the community by providing tools and resources to increase awareness, education, and understanding about mental health and wellness. To contact Project HairCare, please call **800-209-3569**.



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SCAN TO LEARN MORE ABOUT MIND HEALTH