

Mental Health Moment

Sending along tips, reminders, and resources to help your people prioritize their mental well-being this month.



Support that centers your identity

July is **BIPOC Mental Health Awareness Month**, a reminder that we don't all experience life the same way. Race, ethnicity, and culture influence how we see the world (and sometimes the way the world treats us), including when it comes to mental health. People of color may benefit from mental health support rooted in understanding of race, racism, and culture. If you want to talk to a therapist who gets where you're coming from, know that Talkspace can pair you with a therapist who relates and has experience working with people of color.

REFLECTION QUESTIONS

Ask yourself: How am I different this summer than last summer? How have I changed or grown?

Ask others: Have you ever been disappointed by something that turned out to be a good thing?

SKILL BUILDER

10-Second Time Out

During tense or emotionally charged conversations, take a 10-second timeout. Instead of holding things in or lashing out and saying something you don't mean or could regret, wait 10 seconds before reacting.

Ask yourself, **"What am I feeling?"** and **"How should I respond, or not respond?"**

If you choose to hold back and not share how you're feeling, "You need to revisit your feelings later and decide how you'll address the conflict," says Talkspace therapist Reshawna Chapple, PhD, LCSW. "Holding your feelings in can hurt relationships over time."

REFRAMING STATEMENT

I'm ~~so stupid~~ learning.

EXPERT CORNER

"Break down goals into steps in order to accumulate some small wins. Our brains tend to want what's comfortable versus what's unfamiliar, which leads to procrastination. So we have to give our brains a chance to re-establish a new way. We all have neuroplasticity — the ability to teach our brains new habits — but it takes time!"

Elizabeth Keohan, LCSW-C



You have **free access** to a licensed therapist through Talkspace. Sign up or reach out to your therapist now.