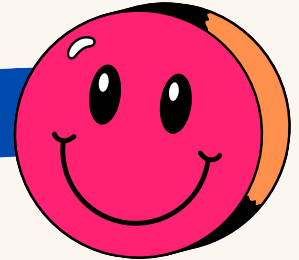


# STRENGTHENING YOU



Welcome to your

Strengthening You Newsletter



We're so glad you've joined us. Here's what's new....

### **CHW Strength**

CHW training - Summer class  
June 26th through August 11th

<https://www.chwstrength.com/services>

Attend select trainings

Email us for more info

[StrengtheningCHWs1@gmail.com](mailto:StrengtheningCHWs1@gmail.com)

### **CHW Strength Foundation**

"CHW 4 All" Initiative

CHW Community Engagement Mini-Grants

CHW Workforce Cooperative

Learn more on how you can contribute to the mission [here](#)

Continue reading the May edition of [Strengthening You Newsletter](#) highlighting Mental Health Awareness month

LEARN MORE AT  
[WWW.CHWSTRENGTH.COM](http://WWW.CHWSTRENGTH.COM)

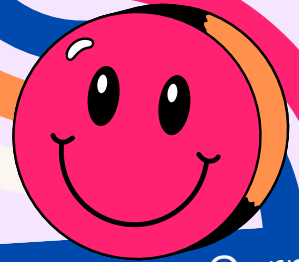


As a member of our community, you'll receive a monthly newsletter highlighting the exciting ways to engage with the CHW Strength community.





# STRENGTHING YOU



## The **Power** Corner

### Stand in your **POWER** by taking action for your mental Health



**Call to action:** choose an action below to prioritize your mental health

1. Read self-help books or listen to self-help podcasts
2. Volunteer in the community as a CHW
3. Start a meditation/yoga practice
4. Seek/visit a therapist
5. Get active: exercise, walk or play a sport
6. Find social events in the community
7. Engage in activities that spark interest
8. Express through journaling or art
9. Talk to a trusted friend
10. Take prescribed medications

Bonus: Share the 24/7 National Suicide Prevention Lifeline number. 9-8-8

### Detecting the signs of mental health illness through **ENERGY** awareness



1 in 4 people are affected by a mental health disorder. This can be hard to detect without physical or apparent signs. Check out this article on Five Warning Signs of Mental Illness that provides insight on what to be aware of.

## The **Energy** Corner



We invite you to share how you take care of your mental health by joining us in the **CHW Forum**

As you **P.R.E.S.** on to become the best Community Health Worker (CHW), may each corner of this newsletter... **strengthen you!**

## The **Resilience** Corner

### Mental Health **RESILIENCE**



### 5 Pillars of Resilience

Resilience is made up of five pillars: Self Awareness, Mindfulness, Self Care, Positive Relationships and Purpose. When shifting focus on the things within your control such as the five pillars, mental health resilience is strengthened.

### Improving mental health through **SOUND** healing & meditation

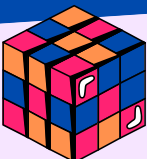
Are you in search of an alternative natural way of help for relaxation, reduce stress, and/or improve overall health?

### Sound healing!



It is a healing practice through sound, music, instrument playing, or meditation. Benefits include realigning the body's vibration, improvement of mental health issues and emotional wellbeing.

## The **Sound** Corner



LEARN MORE AT [WWW.CHWSTRENGTH.COM](http://WWW.CHWSTRENGTH.COM)

