

MAY 2024

TEAM MEMBER RESOURCE GROUPS (TMRG)

CREATING A SENSE OF BELONGING

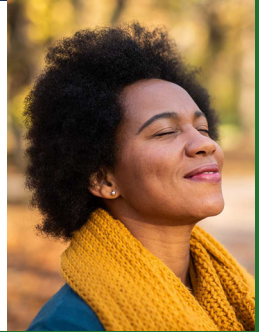
SPROUTS TMRGs DEDICATE THIS ISSUE TO MENTAL HEALTH AWARENESS MONTH AND ENCOURAGE YOU TO FOCUS ON WELLNESS THIS MAY.



HONORED TO SERVE @ SPROUTS

ENCOURAGING FOCUS ON GOOD MENTAL HEALTH

May is Mental Health Awareness Month – an important part of wellness this month, and all year! We care about team members and would like to offer [tips for how to focus on good mental health](#).

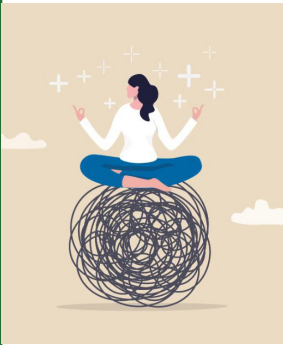


INSPIRING WOMEN @ SPROUTS

HEAR FROM WOMEN ACROSS SPROUTS ON TIPS TO HELP AVOID STRESS

Mental Health Awareness Month is a reminder to focus on challenges caused by mental health conditions that impact quality of life. It's also a time to learn about those challenges, understand how to find resources and tools to cope, and how to improve your own mental health, while supporting others. Managing stress is important, as it can lead to developing, or advancing, mental health conditions.

Inspiring Women @ Sprouts asked several women in our organization to share some stress and time management tips that can help manage or avoid stress. [Check out some of their tools to cope](#).

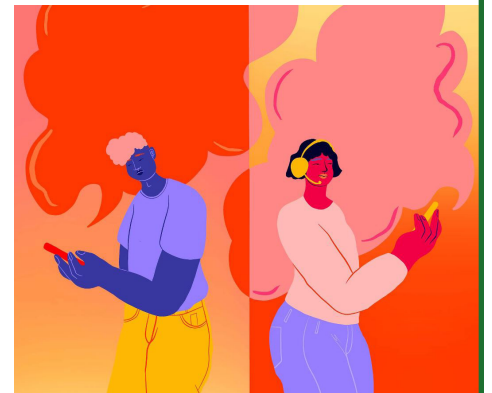


RAINBOW ALLIANCE @ SPROUTS

BE SURE TO REVIEW INFORMATION AND RESOURCES DURING MENTAL HEALTH AWARENESS MONTH

According to the National Association on Mental Illness (NAMI), “Belonging to the LGBTQ+ community can be a source of strength, but it also brings unique challenges. For those who identify as LGBTQ+, it's important to recognize how your experience of sexual orientation and gender identity relates to your mental health.”

During Mental Health Awareness Month, and always, Rainbow Alliance @ Sprouts wants you to prioritize mental health awareness and advocacy. Together, we can break down barriers, foster a culture of acceptance and support, and ensure that everyone has access to the mental health resources they need.



[Review some mental health statistics](#) and be sure to seek help when you or someone you love needs it.



Sprouts Cares and offers Health and Wellness Support through [BeWell.sprouts.com](https://www.beWell.sprouts.com) – a great resource for you and your loved ones.

SABOR @ SPROUTS

YOUR MENTAL HEALTH MATTERS

Sabor @ Sprouts is committed to creating a safe space for our team members to seek support for mental health without fear of judgment or stigma, and to connect with others, by educating and bringing awareness to Sprouts team members.

[Learn more from Sabor @ Sprouts](#) about what challenges can exist and resources to help break barriers and support.



DID YOU KNOW?

Hispanic/Latin American adults reported **higher rates** of **depression, substance use, and suicidal thoughts** during the pandemic*

1 in 4 individuals in the Hispanic/Latin American community who reported having a mental health condition were categorized as having a **serious mental illness**

Hispanic/Latin American adults are **50% less likely** to receive mental health **treatment***

SOUL @ SPROUTS



SPOTLIGHT ON A BLACK-OWNED BRAND AND GOOD MENTAL HEALTH

In honor of Mental Health Awareness Month, SOUL @ Sprouts is proud to spotlight an inspiring tale from an amazing Black-Owned brand. Meet **Quentin Vennie**, the visionary behind **Equitea**. When Quentin's son Jayden received a diagnosis of ADHD, he and his wife embarked on a quest for holistic treatment. Following a recommendation from Jayden's neurologist to explore green tea as a natural remedy, Quentin started exploring the world of teas and botanicals to find healthy options for his family.



Disappointed by the lack of quality and flavor in existing options, Quentin and his wife took matters into their own hands. They began crafting their own blends of organic loose-leaf teas, tailored to Jayden's tastes. Thus, Equitea's Lavender Green Tea and a host of other blends were born.



Driven by the belief that "a shared story could be a saved life," Quentin and his wife set out to share their creations with other families. As stated on their website, Equitea exists to destigmatize mental health, expand pathways to wellness and help make mental health centered products more accessible and equitable.

[Listen to Quentin's touching story from SproutsCon 2023 here.](#)

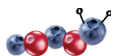
NETWORK WITH SOUL @ SPROUTS

Do you want to network and share your experience? Join SOUL on **May 22 at 11am PST/1pm CST /2pm EST** as we host an in-person and virtual networking event! Stop by and share your story, knowledge, or just say hi to fellow Sprouties!

Remember you don't have to be a member of the SOUL @ Sprouts TMRG to join. To sign up, scan the QR code!



CLICK THE LOGOS BELOW TO VISIT EACH TMRG SHAREPOINT PAGE!



TMRGs @ Sprouts were established in 2022 and have evolved into four thriving groups. Participation in all TMRGs is voluntary and focused on creating a sense of community, belonging, and inclusivity at Sprouts. [Find out more and consider joining a group here.](#)