



focus on mental health







1 Kings 19:3-9

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat."

He looked around, and there by his head was some bread baked over hot coals, and a jar of



1 Kings 19:3-9

water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"



Nehemiah 1:4

When Nehemiah heard that the walls of Jerusalem were still broken, he "sat down and wept," fasting and praying before God.

Asian American Mental Health

OUR GOALS FOR TODAY:

- * A celebration of culture: group over individual, harmony
- * Humility, hard work, respect for elders
- * Potential challenges Asian Americans face
- * How to determine if I should go for help?
- * Where should I go to look for help?

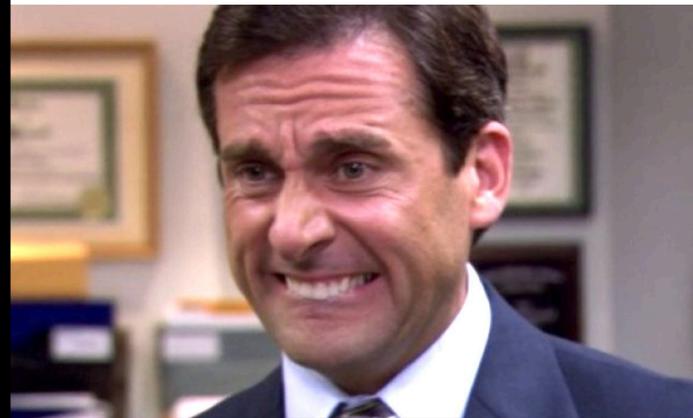


LACK OF DIRECT COMMUNICATION OF FEELINGS

1. E.g., cope by stuffing, becoming hyperlogical, ANALYZING/passive aggressive
2. Emotions feel out of control/scary
3. Feel SELFISH
4. DETACHED FROM EMOTIONS

Therapist: We can't control our emotions but we can control how we respond to our emotions.

Me, trying to control how I respond to my emotions:



LACK OF AWARENESS OF GRIEF/LOSS

- * Quick to dismiss pain/struggles, deny or try to ignore loss
- * Do not see the relevance of these experiences in the present
- * Shadows of these hurts and pains and unhealthy ways of coping appear in adult lives.

LEFT ALONE IN FEELINGS

- * Emotional needs not considered as important - a luxury
- * Focus on physical needs
- * Depression seen as ungratefulness, seen as weakness
- * Discomfort and unfamiliarity in reaching to others for comfort/care

Development of overly critical/judgmental voice

- * Default is performance
- * Feel crushed by the weight of expectations – and resentful
- * Development of nurturing voice is not there
- * “I’m pretty sure I’m worthless if I can’t be of service.” (Luisa - *Encanto*)



LACK of language for emotion

- * Vulnerable emotions of hurt, fear, sadness, pride become uncomfortable
- * Difficulty asking for what we need/want in relationships
- * Critical of self or other instead/passive aggressiveness
- * Default to problem solving, fixing, giving advice

SHAME

- * Shame is not necessarily a bad emotion.
- * Research supports maladaptive shame is developed with the presence of parental criticism, rejection and perfectionistic standards.
- * Shame can also be a result of not meeting an internal expectation of what you "should" be doing.
- * Pervasive sense of not being good enough.

HOW might we know if we should see someone? Asking for a "FRIEND"

WHY WE DON'T GO...WHITE KNUCKLE IT

1. STIGMA, COST, TIME INVOLVED
2. "I CAN HANDLE IT"
3. IT WILL GET BETTER ONCE...
4. It's not me, it's...
5. It's not that bad...
6. I won't know what to talk about and I will sound like an idiot.
7. Talking makes it feel worse.



Some Warning Flags

1. Someone is concerned
2. Someone says they feel you don't care about them
3. You're avoiding someone or something
4. You are more short fused than normal, irritable or have an edge
5. You have a dread feeling to the start of your day.
6. You are indulging in too much of something
7. You find yourself doing something in secret
8. You find yourself acting in a way you don't like and cannot seem to stop yourself
9. Your inner script is really negative, and the converse
10. You find arguments you have with a loved one is cyclical or predictable/patterned

COMMUNITY OF ASIAN AMERICAN THERAPISTS IN CHICAGOLAND (CAATCH.INFO)

Community of Asian-American Therapists in Chicagoland

**Giving voice to mental health issues that
have been silenced in our culture.**

[Help Me Find a Therapist](#)