

Pressure

ACADEMIC PRESSURE

- Usually, kids are put in many different academic settings such as tutors, Kumon, Mathnasium etc. to get ahead of their class and work at much higher levels in comparison to their grade level.
- This precedent sets a standard for many South Asian kids to constantly push themselves and never settle for anything less than perfection.
- When South Asian parents define their child in terms of how they perform academically, the children who do not meet their parents often unrealistic expectations begin to internalize the negative messages sent by their parents. They think they are not worthy, not lovable, not important and that they are inherently flawed."

SOCIAL PRESSURE

- There are also counts of social pressure and anxiety that presents itself in the South Asian community for the youth.
- Bringing food from home and getting ridiculed about having "smelly curry" and simply not being able to relate to everyone at their school because they are not white.
- The social anxieties about being different would in turn cause the South Asian youth to begin to resent where they came from and their culture and heritage.

TYPES OF COPING SKILLS

<p>Self-Soothing (Comforting yourself through your five senses)</p> <ol style="list-style-type: none"> 1. Something to touch (ex: stuffed animal, stress ball) 2. Something to hear (ex: music, meditation guides) 3. Something to see (ex: snowglobe, happy pictures) 4. Something to taste (ex: mints, tea, sour candy) 5. Something to smell (ex: lotion, candles, perfume) 	<p>Distraction (Taking your mind off the problem for a while)</p> <p><u>Examples:</u> Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.</p>	<p>Opposite Action (Doing something the opposite of your impulse that's consistent with a more positive emotion)</p> <ol style="list-style-type: none"> 1. Affirmations and Inspiration (ex: looking at or drawing motivational statements or images) 2. Something funny or cheering (ex: funny movies / TV / books)
<p>Emotional Awareness (Tools for identifying and expressing your feelings)</p> <p><u>Examples:</u> A list or chart of emotions, a journal, writing supplies, drawing / art supplies</p>	<p>Mindfulness (Tools for centering and grounding yourself in the present moment)</p> <p><u>Examples:</u> Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.</p>	<p>Crisis Plan (Contact info of supports and resources, for when coping skills aren't enough.)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Family / Friends Therapist Psychiatrist Hotline Crisis Team / ER 911</p> </div>

Resources

Student Counseling Services (Telehealth) : currently available to support emotional and mental wellbeing of UMN students.

- Counseling services only available to those registered at UMN-TC and currently in the state of MN. Contact counseling@umn.edu for more out of state resources.
 - Intake forms accessible Mon-Fri 7am to 5pm.

Boynton Health Services (services through health insurance): counseling and psychiatric treatment

- Make an appointment by calling 612-625-3222 or through the patient portal on <https://boynton.umn.edu>
- Stress Check-in's available- make an appointment on <https://boynton.umn.edu> or email destress@umn.edu for more information

SEWA-AIFW: Culturally specific local non-profit organization working toward total family wellness

- 24/7 Crisis line: (952) 912 - 9100
- Free mental health consultations

Domestic Violence Hotline: 1(800)799-7233

Free contraceptives and emergency contraceptives available at Boynton Health Services, SEWA-AIFW, and Planned Parenthood

NAMI MN - National Alliance on Mental Illness

- Free Counseling available
- Call the warm line at 651-288-0400 or text "Support" to 85511



SELF CARE
WITH ISA
AND SEWA-AIFW



Relationships

RELATIONSHIP SPECTRUM



Source: <https://www.loveisrespect.org/healthy-relationships/relationship-spectrum/>

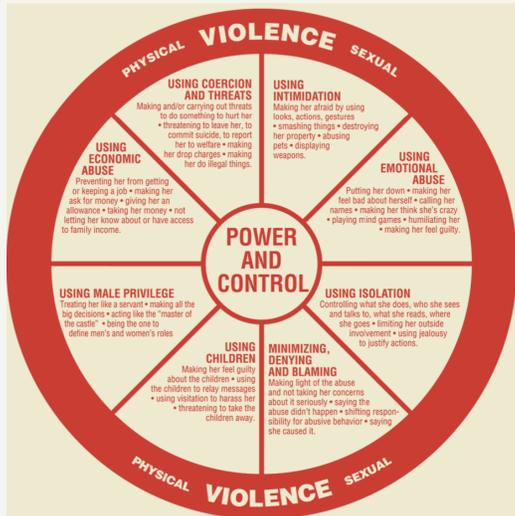
TOXIC VS HEALTHY RELATIONSHIPS

Healthy relationships are formed by creating healthy boundaries, healthy communication, mutual respect, and support.

Typical warning signs include...

- Checking your phone, email, or social media without permission
- Putting you down frequently, especially in front of others
- Isolating you from friends or family (physically, emotionally, or financially)
- Extreme jealousy or insecurity
- Explosive outbursts, temper, or mood swings
- Any form of physical harm

SAFETY AND EMOTIONAL HEALTH



"Power and control wheel"

Note: the Power and Control Wheel assumes she/her pronouns for the victim and he/him pronouns for the perpetrator, but the abusive behavior that it details can happen to people of any gender or sexuality.

Source: The Duluth Model

ANXIETY, DEPRESSION, BODY IMAGE

ANXIETY

HOW TO MANAGE ANXIETY

Routine
Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a good routine helps a lot.

Rationalize
Anxiety likes to pull out the worst-case-scenario. Reassure yourself as many times as it take that you are okay.

Talk
Don't be afraid to talk about your anxiety. Find a good support system. Try therapy. Break the stigma!

Schedule
If something triggers your anxiety, try scheduling it into your week. Don't put things off indefinitely!

Mindfulness
Focus on the current moment. Be in the present. Learn to self-soothe. BlessingManifesting

DEPRESSION

- Signs of depression include feelings of sadness and hopelessness, loss of interest or pleasure in most or all normal activities, sleep disturbances, and overall tiredness and lack of energy

Ways to Cope With Depression

- Develop a strong support network
- Improve your sleep
- Develop good nutrition
- Create a wellness toolbox
- Reduce your stress levels
- Avoid procrastination
- Learn to curb negative thinking
- Keep up with household chores

TALKING TO FAMILY AND FRIENDS ABOUT ANXIETY AND DEPRESSION

- Numerous individuals report being perplexed to tell their parents since they don't want to upset them.
- In some cases we don't understand where alarming sentiments or considerations are coming from and feel blameworthy for having them.
- A great question to ask yourself in this circumstance is how would you feel in case somebody you love were suffering and came to you? Likely, you'd be disturbed that they were battling, but you'd not be upset with them.

BODY IMAGE

4 Ways to Be More Body Positive

4 Ways to Be More Body Positive

- Practice body neutrality
- Eat healthy foods because it's good for your body
- Buy and wear clothes that flatter the body you have now
- Replace "aspirational" social media accounts with body positive ones

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<https://www.nationaleatingdisorders.org/learn/general-information/ten-steps>