

The Mental Health of Asian American, Native Hawaiian
& Pacific Islander Communities in the Time of COVID:

It's Time for Bold Action

We will begin shortly,
thank you for joining us today.



Attendees are muted, so please share comments and ask questions in the Q&A box



Closed captioning is available through Zoom using the CC button / Live Transcript option



Resources and the recording will be available following the virtual roundtable at [NAAPIMHA.org](https://naapimha.org)



Provide your feedback in the post-roundtable survey



The Mental Health of Asian American, Native Hawaiian
& Pacific Islander Communities in the Time of COVID:

It's Time for Bold Action

Part 2 – Asian American, Native Hawaiian, and Pacific Islander Self- Care and Healing



CHANGEMATRIX



ORGANIZERS



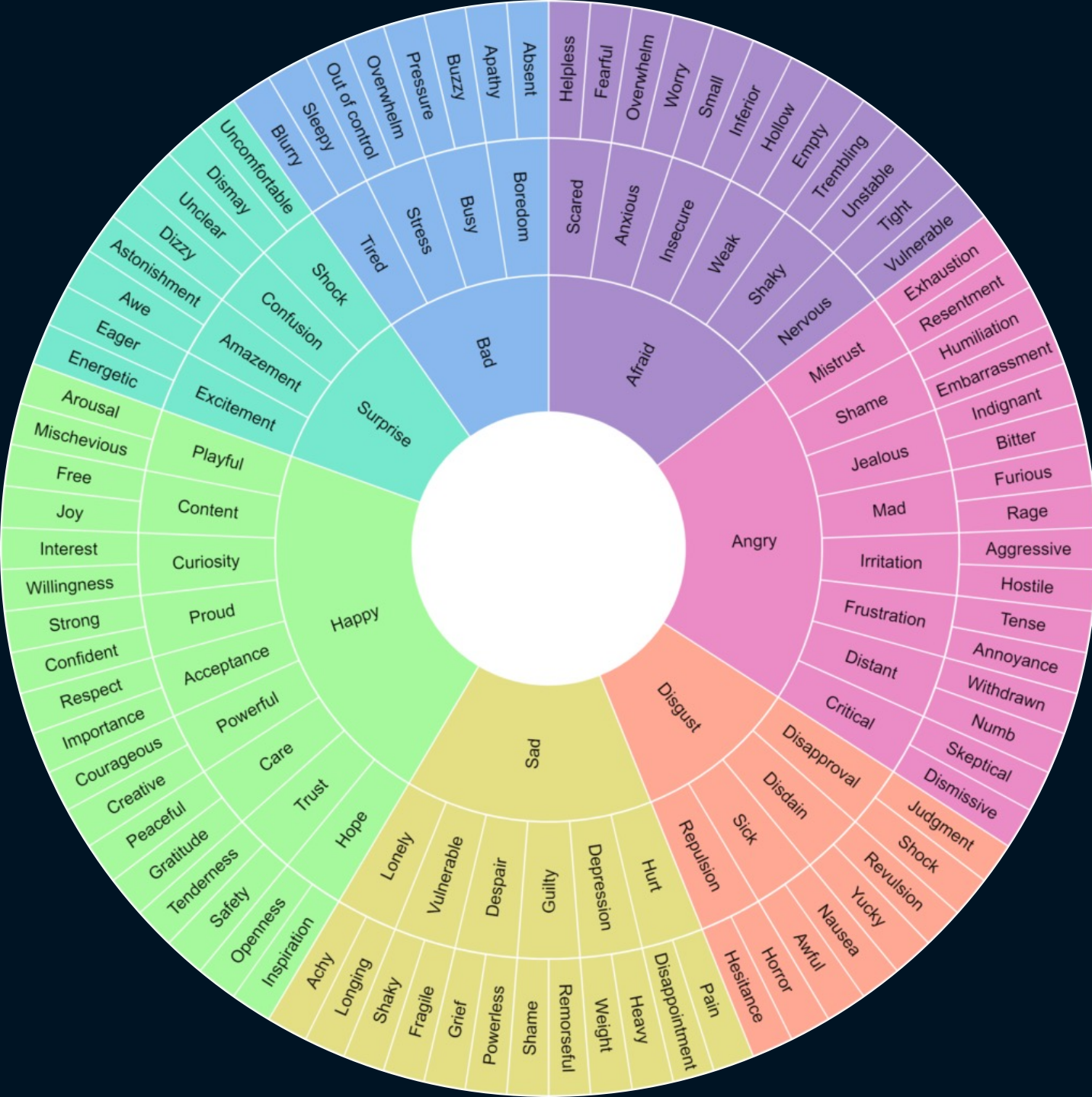
PARTNERS





OBJECTIVES

- Understand the importance of self-care and the cultural factors that make it difficult to practice self-care.
- Identify creative solutions to engaging in self-care, including the use of cultural practices and a whole-health approach to improve care for the body, mind, and spirit.
- Gain an understanding of the importance of developing a strong cultural identity as an important self-care strategy when faced with racism, colonization, and other forms of oppression.



HOW ARE YOU COMING INTO THE SPACE TODAY?

Chat Waterfall

Select an emotion.
 Type it into the chat box for everyone.
 Press enter when instructed.



DJ Ida, PhD

**Asian American Pacific Islander
Mental Health Association**

PANELISTS



Krystle Canare
Georgetown University



My Thanh Nguyen, MSW
Asian Pacific Development
Center



Terry Gock, PhD
Asian American
Pacific Family Center



Sudarshan Pyakurel
Bhutanese Community of
Central Ohio



***Patrick
Kamakawiwo'ole,
PsyD***
Psychologist



Pata Suyemoto, PhD
Mental Health Advocate

INTRODUCTIONS AND QUESTION 1

Why are self care and healing so important?



QUESTION 2

Why is self care so difficult? What are the challenges?



QUESTION 3

What strategies do you suggest for self care and healing?



Questions or Comments

Please type your questions into the
Q&A box.



LIGHTNING ROUND

What does resilience look like in your community?



PROVIDE YOUR INPUT!

**Your input is important to us and
will help inform future
programming for AANHPI issues.**

[https://www.surveymonkey.com/r/NTTAC
AANHPI05192021](https://www.surveymonkey.com/r/NTTAC_AANHPI05192021)

THANK YOU

To view related resources and the recording, visit [NAAPIMHA.org](https://naapimha.org)

Questions? Email djida@naapimha.org

Join us in May for the last of the series!



Part 3 – What’s Next? Community Action for Transformational Change

