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



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













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 selfcare, 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.

Overwhelm Helpless Absent Fearful pressure Apathy Overwhelm Buzzy Out of control Worny Small Inferior Sleepy Uncomfortable Finds Boredom Scared Anxious Insecure Tight Astonishment Tired Eager Embarrassment Bad Indignant Shame Mischevious Bitter Jealous Playful Furious Content Mad Joy Rage Angry Aggressive Interest Curiosity Irritation Hostile Willingness Frustration Proud Happy Tense Strong Acceptance Annoyance Confident Distant Withdrawn Powerful Skeptical Care Depression Despair HUT Guilty PANILI Horror Achy Disappointment Hesitance Shaky Fragile pain Powerless Remorseful Heavy Grief Shame Weight

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.





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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

THANK YOU

To view related resources and the recording, visit NAAPIMHA.org

Questions? Email djida@naapimha.org

Join us in May for the last of the series!

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Part 3 - What's Next? Community Action for Transformational Change

