

8 WAYS TO 8 HOURS



getting the sleep you really need

1. DE-STRESS

Managing your stress is key to getting your sleep. If your work or family life has you stretched to your limit, you will find it hard to fall asleep and stay asleep. Calm down with a book, music, meditation, a cup of chamomile tea, or the scent of lavender.



2. LIMIT CAFFEINE, NICOTINE & ALCOHOL

Caffeine and nicotine are stimulants so limiting their use in the hours prior to bedtime will help you sleep. Alcohol interrupts deep sleep so tho you may fall asleep quickly you wont feel rested when you wake.

3. DARK, COOL, QUIET & COMFORTABLE ROOM

Our circadian rhythms require dark to trigger the release of melatonin, which is the hormone that helps us fall asleep. Our bodies rest better when the temperature is cool, the bed is comfortable, and the room is quiet.



4. SAME THING SAME TIME

A bedtime routine conditions your body to feel sleepy at the same time each night. And a regular sleep/wake schedule regulates the body's internal clock and gives rhythm to your circadian cycle. .

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5. SCREENS OFF

The blue light of screens interrupts the production of melatonin – the hormone that triggers sleepiness. Turn off your screens an hour before bedtime so that melatonin production will begin and you can feel sleepy.



6. EXERCISE

Physical activity in the morning or afternoon contributes to longer and deeper sleep at night. Exercise in the evening may leave you too stimulated to fall asleep quickly.

7. WRITE

Spending 15 minutes to write about your day and put persistent thoughts on paper will clear your mind. Add a gratitude practice by writing down 3 things for which you are grateful. This will put you in a positive and peaceful state of mind.



8. MELATONIN



If #1 - #7 don't get you the sleep you need, then you may want to try melatonin, which is a sleep-inducing hormone produced by the body. It can be bought over-the-counter in doses of .5-5.0mg, and if taken half hour before bedtime it can improve sleep quality. (Consult with your healthcare provider before taking any supplements).

Dear Stranger

A Story of Youth Mental Health

Diana Chao

“How could someone so sad be so young?”

The FOMO Is Real: How Social Media Increases Depression and Loneliness

Social media linked to rise in mental health disorders in teens, survey finds

Young adults born after 1995 are experiencing more mental health issues. Researchers point to lack of sleep and

Social Media Linked to Increase in Depression Among Teens, Young Adults

- 💡 50% of all lifetime cases of mental illness begins by age 14 and 75% by age 24
- 💡 20% of youth aged 13-18 live with a mental health condition
- 💡 37% of students aged 14 and up with a mental health condition drop out of school—the highest dropout rate of any disability group
- 💡 Suicide is the 2nd leading cause of death in the U.S. between ages 15-34
- 💡 80% of American youths are left with no or insufficient treatment

The last ten years built a different world.

HURT PEOPLE HURT PEOPLE

- ❖ In clinical practice settings, minorities are less likely than whites to receive treatment that adheres to treatment guidelines
- ❖ Ethnic minority and immigrant clients have been found to suspend trust of providers who are ethnically dissimilar from them until they are proven trustworthy
- ❖ Asian-Americans use mental health services at about 1/3 the rate of White Americans
- ❖ Past sin. Doesn't exist. Ungrateful. Spoiled. Disrespect. Herbal Tea. The pain is in the body, not the mind... *It's a White People Thing.*



letters

to STRANGERS

MENTAL HEALTH MADE PERSONAL



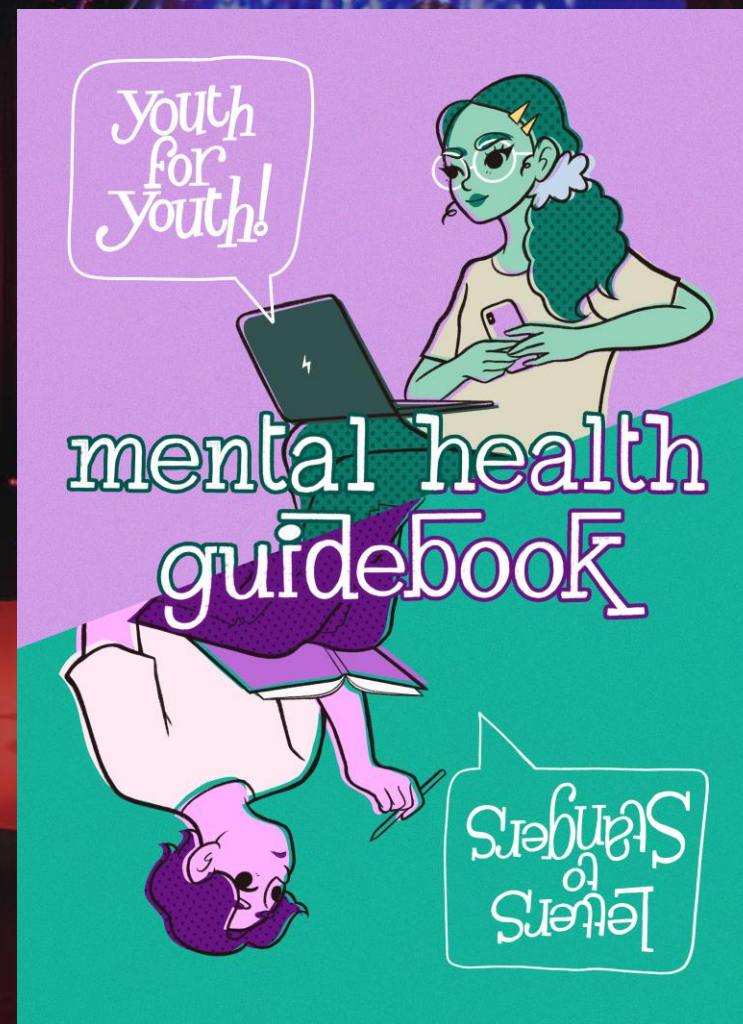
Letter
Writing



Peer
Education



Policy-based
Advocacy



www.MoonglassStudios.com



moonglass
Studios

2018



Cotton Cold



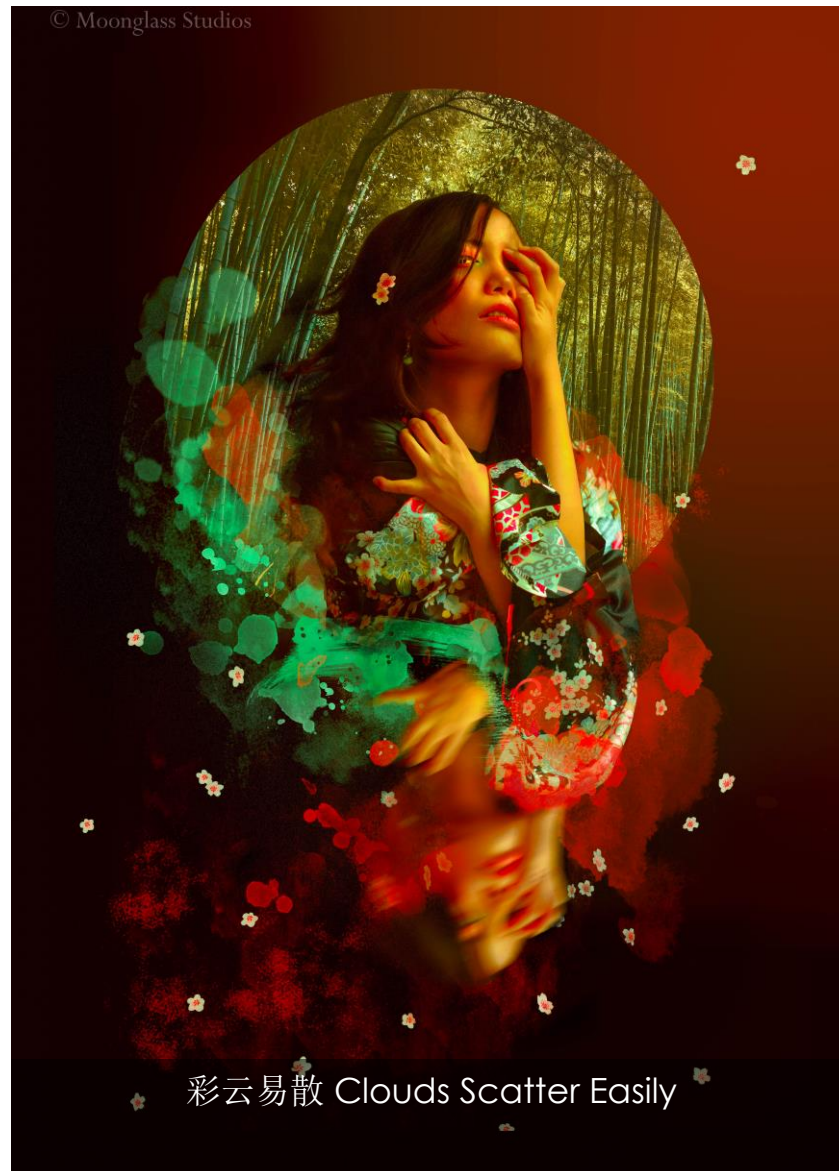
Bipolar Balloons



Rubber Banded



Masked Malady



© Moonglass Studios

彩云易散 Clouds Scatter Easily

*“ATTENTION-
SEEKING **YELLOW**
B*TCH. WHAT DO
YOU KNOW ABOUT
MENTAL ILLNESS?”*

My world is not your black and white.
It is **my own to lead**.

*In the midst of exhaustion, medication,
and epiphanies, I internalized that*

**THE BEST WAY TO
LEARN IS THROUGH
EXPERIENCE.**

*What's
your pain
language?*

*Begin by
EMPATHIZING.*

Eat

Mind distractions (personal, social)

Pride (ego, denial, affirmation)

Anger

Tears

Hurting Self (verbal, physical)

Insomnia/Hypersomnia

Zany (humor, character, façade)

Imprudent behavior

Not present (silence, absences, drifting)

Gross productivity

*How do we
navigate the
journey
to heal?*

*It's **SIMPLE.***



Self-advocate



Increment



Meditate



Patience



Listen



Educate

My Grounding Philosophies



WORK

When your brain outpaces your heart, stop. There will be time for sacrifices, but now is not it



THINKING

Don't be afraid of daydreaming. Don't shut up your heart. You are full of wonders—don't hoard them!



EXPLORE

Feel wanderlust? Weekend hiking trips. Backpacking. Your world is your own. Mold it. Then let it go.



CHALLENGE

Find the coffee routine, then change it. Settle, sure. But you are not a kettle. You do more than boil.



CHIT-CHAT

Some people will chit-chat about you, so sing back. Louder. Prouder. You don't need wings or vibratos. Just a melody.



BODY

Move to land rumbles and ocean waves. You dance between the earth and the sky, so wave your hands, touch the clouds.



Thanks for Listening!

T H A N K S F O R L I S T E N I N G !

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FIT FOR LIFE



Integrating exercise into your daily life can be a time challenge. But exercise relieves stress, reduces health risks, helps you learn faster, and improves your focus, memory, mental stamina and creativity. That means you get back time by improving your mental performance. So get moving for your health!

1 DO ANYTHING!

When it comes to exercise it is ALWAYS better to do something rather than nothing. So if you can't find time for a full workout, walk up a few flight of stairs, walk to run an errand. A sedentary lifestyle is really bad for us so keep it moving.



2 DO SOMETHING YOU LOVE

If you don't love your workout you won't stick with it for very long. It is hard to be motivated and inspired if you are going to hate every minute of your fitness routine. Try lots of different activities to find what works for you and puts a smile on your face.



3 30+ MINS & 3+ DAYS/WEEK

This is the simple rule for staying fit. It is hard to know the right 'dosage' of exercise but if you do moderate exercise for at least 30 minutes most days of the week, your body and mind will get the benefits of a fitness routine.



4 MAKE IT ROUTINE

Making your fitness activity part of your daily or weekly routine will help you create a fit lifestyle. Without it being routine you won't get the benefits of #3 and you are more likely to find that you don't have time because you did not make time.



5 BUDDY UP

Having someone else to be accountable to - and them to you - keeps you on track. Someone else will keep you motivated and encourage you when you may not feel up to it. And you don't have to be in the same room to workout together.



6 TRACK YOUR PROGRESS

As you get stronger, faster, and last longer you will want to keep a record of your badassery. Seeing the progress you are making keeps you motivated and inspired. Setting fitness goals will also keep you from getting bored.



7 IF IN DOUBT, WALK

Staying fit does not have to mean strapping on gloves at a boxing gym, or stretching out your body on a Pilates machine, when a simple walk will do. Walking increases and maintains fitness levels and reduces the risk of diabetes, certain cancers, and cardiovascular disease.



8 REWARD YOURSELF

We all like getting rewarded for performance, so find a reward that you will link specifically to your fitness goals so that you have something to look forward to. It may be a favorite desert, a massage, flowers or make a deposit towards a wonderful vacation.





NALGONA POSITIVITY PRIDE

BODY LOVE & EATING DISORDERS

WHAT MAMA DIDN'T TELL YOU



NALGONAPOSITIVITYPRIDE



BODY LOVE & EATING DISORDERS: WHAT MAMA DIDN'T TELL YOU

**WHAT ARE
WE GOING
TO TALK
ABOUT?**

- Eating Disorders
- Colonialism and Historical Trauma
- The mental health effects of fatphobia and food restriction
- +Other things your mom forgot to tell you...



THE THINGS MAMA DIDN'T TELL YOU



WHAT IS YOUR MOTHER'S STORY WITH FOOD?

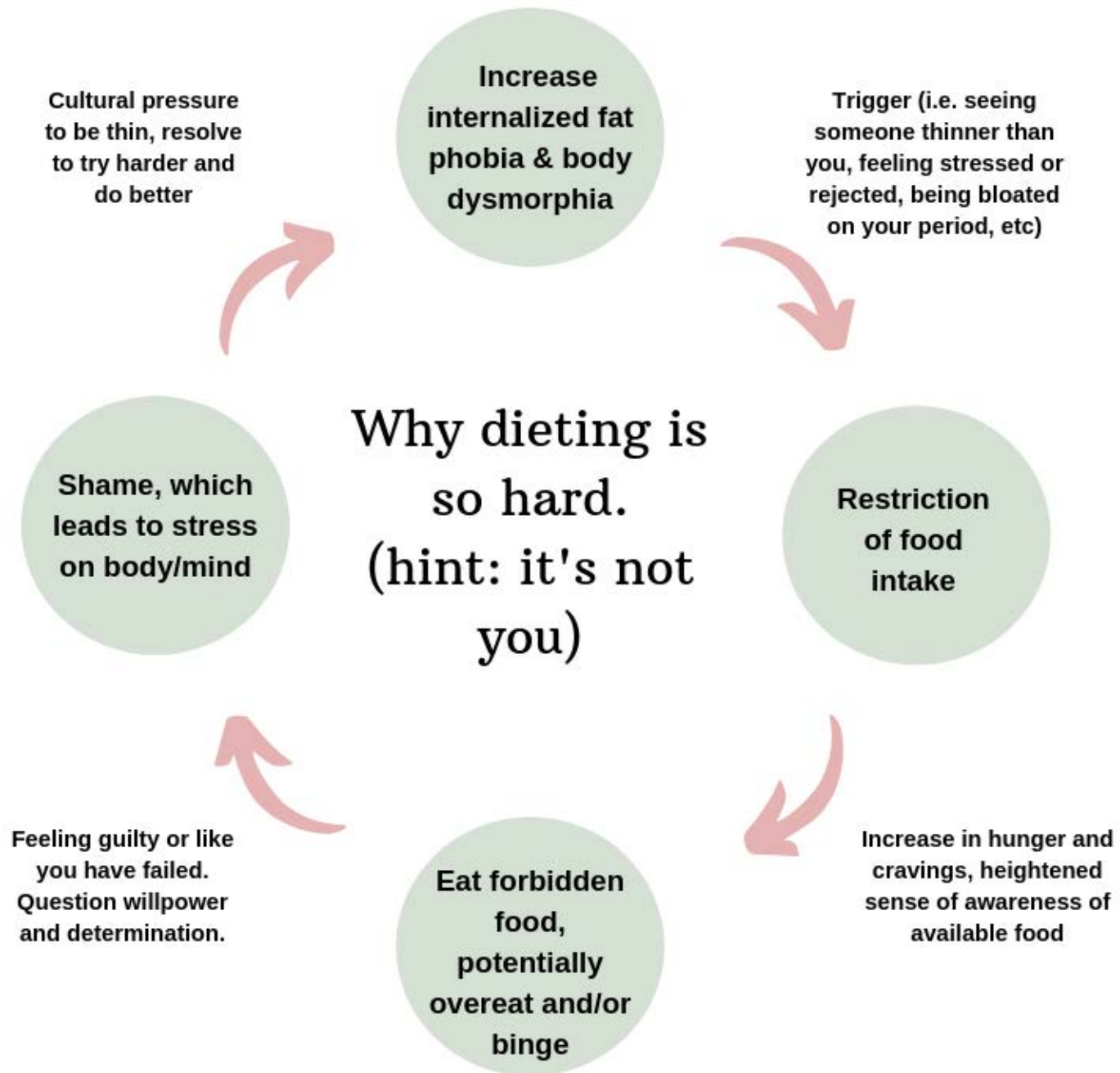


nalgon positivity pride

**I AM DAUGHTER OF A WOMXN
THAT FACED FOOD
INSECURITY AND THAT IS
FAMILIAR WITH HARDSHIP.**



EATING DISORDERS PARTLY STEM FROM FOOD RESTRICTION AND FOOD DEPRIVATION





**DIETING IS
HARMFUL**



Minnesota Starvation Experiments (1944)

- Lethargy, irritability, anxiety
- Obsessed with food
- Psychological stress (suicidal, self-harm)
- Impaired mental performance
- Body image distortion

"What a 1944 Starvation Experiment Revels About 2020 Food Insecurity" by Kalsey Miller

National Centre for Eating Disorders



**EATING DISORDERS ARE
A RESULT OF
UNRESOLVED GRIEF; A
REACTION TO
COMPACTED AND
NORMALIZED TRAUMAS**



THE MULTI-GENERATIONAL IMPACTS OF COLONIALISM



Specific Features Of Colonialism

- Genocide/Military Conquest
- Epidemic Disease
- Religious/Spiritual Suppression
- Family Disruption
- Coercive Assimilation
- Food/Diet Change
- Sexual Exploitation
- Coercive Assimilation
- Gender Binary Enforcement
- Poverty
- Environmental Degradation



HISTORICAL TRAUMA

“Historical trauma is cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma. Native Americans have, for over 500 years, endured physical, emotional, social, and spiritual genocide from European and American colonialist policy.”

-Dr. Maria Yellow Horse Brave Heart Historical Trauma Site



A close-up photograph of a green cholla cactus with a bundle of dried flowers and grasses tied to its arm with pink string. The cactus has many small, orange-brown spines. The bundle of dried flowers includes purple, pink, and white blossoms, along with green grasses. The background is a soft, out-of-focus desert landscape.

Specific Features of Historical Trauma

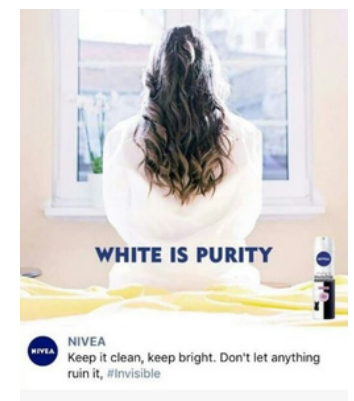
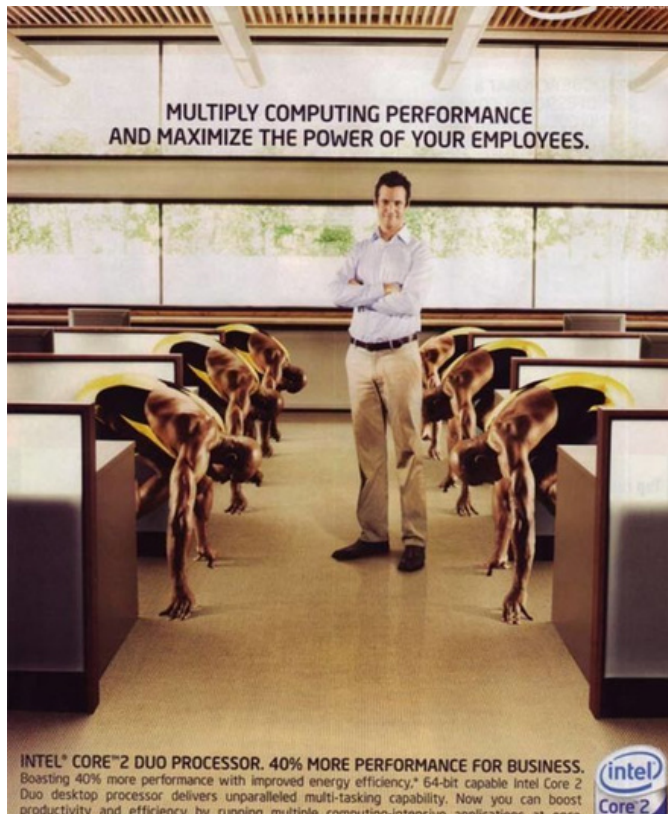
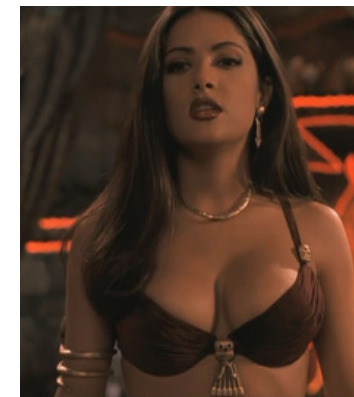
- Depression
- Self-Destructive Behaviour
- Psychic Numbing
- Anger
- Identification With the Dead
- Re-enacting Affliction Within One's Own Life

“Wakiksuyapi: Carrying the Historical Trauma of the Lakota” Dr. Maria Yellow Horse Brave Heart



COLONIALISM HAS IMPACTED THE WAY WE VIEW OUR BODIES

- Dirty
- Sinful
- Hypersexualized
- Incomplete
- Disposable
- Submissive
- Unintelligent
- Dehumanized
- Unattractive/Undesired
- As bodies that can endure extreme physical labor





SOME OF US CARRY OUR MOTHERS' GRIEF AND GRANDMOTHERS' DYSFUNCTIONAL WAYS OF COPING



**SOME OF OUR MOTHERS
NEVER INSTILLED
SELF-LOVE IN US BECAUSE
NO ONE CELEBRATED
THEM.**



FATPHOBIA ROOTS AND ITS EFFECTS ON MENTAL HEALTH



FEARING THE
**BLACK
BODY**

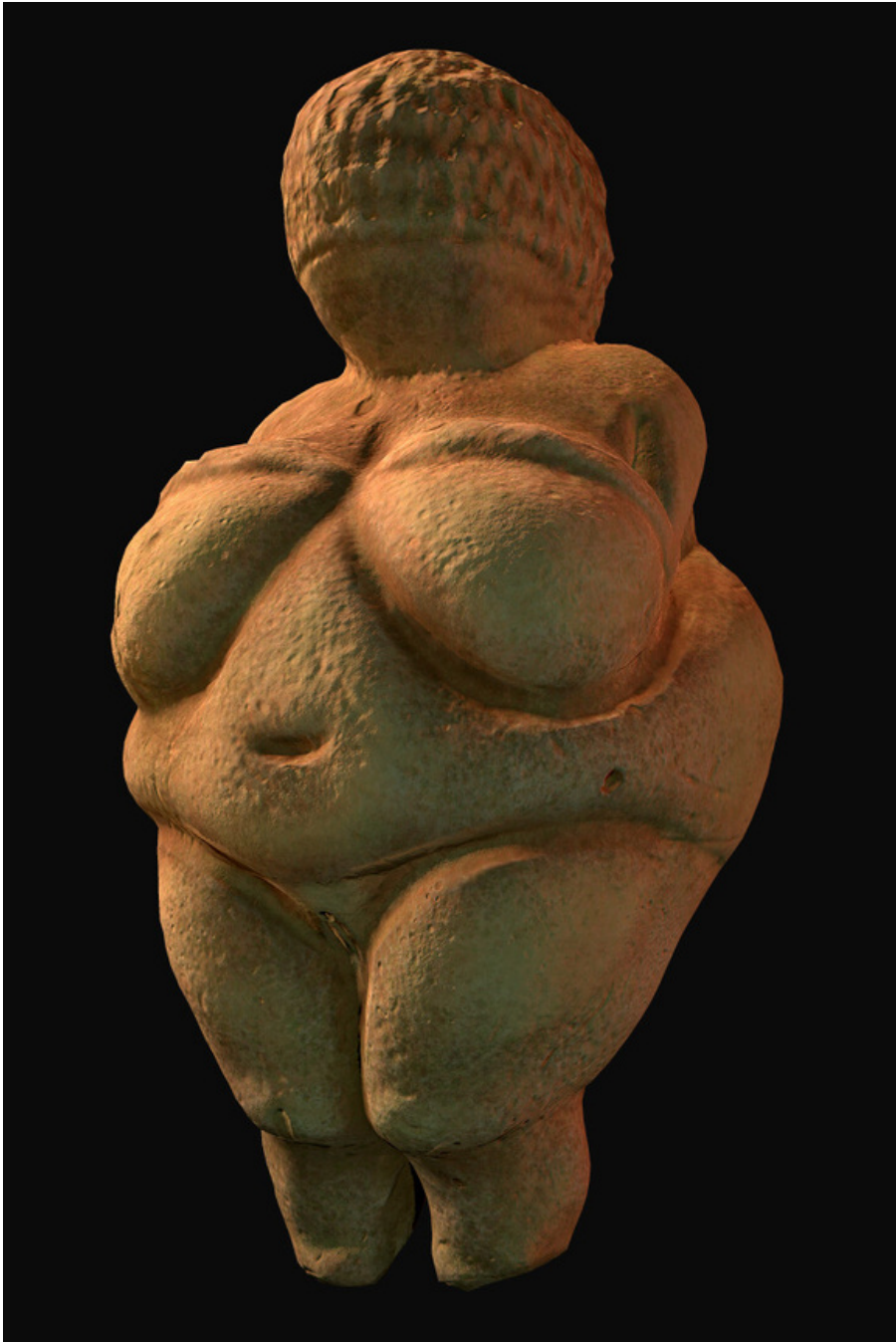
The Racial Origins of Fat Phobia

SABRINA STRINGS

FAPHOBIA STEMS FROM ANTI- BLACKNESS

*-THE RISE OF THE TRANSATLANTIC
SLAVE TRADE AND THE SPREAD OF
PROTESTANTISM CONTRIBUTED TO
FATPHOBIA AND FETISH FOR
SLENDERNESS*

*“FATPHOBIA” BECAME A TOOL FOR
“SOCIAL DISTINCTIONS” TO NORMALIZE
SOCIAL HIERARCHIES*



THE IMPACT OF WEIGHT STIGMA ON MENTAL HEALTH

- Struggles with depression and body-image were found to be higher among people seeking intentional weight loss, bariatric surgery, and binge eating disorder.
- Stigma-induced stress contributes to higher rates of substance abuse disorders and anxiety and mood disorders.
- Internalized weight stigma was associated with increased body image concerns, dissociation, and food preoccupation.
- Over half of the people who experienced weight stigma also qualified as having at least one psychiatric disorders.

The Impact of Weight Stigma by Ashley Seruya



**FOOD CHOICES AND
HEALTH STATUS
DON'T MAKE YOU A
BETTER PERSON**



**YOU ARE NOT A FAILURE
FOR STRUGGLING WITH
BODY IMAGE OR AN
EATING DISORDER**



BODY LOVE AND EATING DISORDER RECOVERY IS A CONTINUUM



**I HEAL MYSELF
I HEAL MY MOTHER.**

**ANCESTOR IN TRAINING;
MAKING THE NEXT GENERATIONS
RELATIONSHIP TO SELF,
RELATIVES, AND FOOD BETTER**

The background of the image is a dense, close-up photograph of white flowers with yellow centers, interspersed with green cacti. The entire image is overlaid with a semi-transparent dark grey filter to make the white text stand out.

**WHAT WOUND ARE YOU HEALING
IN YOUR LIFE?**

**HOW CAN YOU HELP HEAL YOUR
MOTHER'S AND GRANDMOTHER'S
WOUNDS TO NOT REPEAT CYCLES?**

**HOW CAN YOU HELP CHANGE THE
NARRATIVE FOR FUTURE
GENERATIONS?**



**EVERY LAST WEDNESDAY OF
THE MONTH 5PM PST**

SAGE AND SPOON

**FREE ONLINE PEER SUPPORT
GROUP FOR BLACK, INDIGENOUS,
PEOPLE OF COLOR (BIPOC) w.
EATING DISORDERS**

Hosted by Nalgona Positivity Pride
Email nalgonasageandspoon@gmail.com for
log in details.

Open to BIPOC folks of all gender identities
Must be 18+

THANK YOU FOR YOUR TRUST

**FIND OUR UPCOMING EVENTS
NALGONAPOSITIVITYPRIDE.COM**

Q&A

 **@NALGONAPOSITIVITYPRIDE
NPPPRIDE@GMAIL.COM**

Manage the Stress of COVID19

You cannot control the pandemic but you can control your response to it



Practice Mindfulness

Whether you use yoga, sitting in lotus position and repeating a mantra, or visualizing a peaceful place, a regular mindfulness practice is a scientifically proven way to clear your mind and relax your body.



Limit Media

No matter how you get your news, the news these days is anxiety-provoking. So limit your news to 30 mins morning, noon and evening and then spend some time watching or reading something uplifting to counteract the negativity.



Breathe

Taking a long, deep breath will calm your mind and body and can be used at any time. Breathe in through the nose on a count of 5, hold for a count of 3, then breathe out through your mouth for a count of 5.



Go Outside

Yes, you are supposed to stay inside as to reduce the risk of transmission. However, sunshine and fresh air improve mood. So if you can take to your backyard, balcony or an outdoor space with few or no people then do it, if you STAY AT LEAST 6ft AWAY from others.



Exercise

Moving is a great way to reduce stress as it releases the pleasure hormone dopamine, and burns off excess energy. So dance, take a walk, go for a bike ride or a run. And if you go outside remember to STAY AT LEAST 6 ft AWAY from fellow humans.

we can get through this together!

Manage the Stress of COVID19

You cannot control the pandemic but you can control your response to it



Manage your Money

The economic impact of COVID19 includes uncertainty about our jobs and our finances. Take this time at home to take stock of all your accounts, and adjust your budget and savings accordingly.



Journal

This is an emotional time and putting your feelings on a page helps you process them. Also, recording your thoughts during this historic time will serve as a valuable memory, and help you put things in context in the future.



Connect

Social distancing and shelter-in-place means that we are not seeing our loved ones in real life. Schedule regular phone and video calls with loved ones and send regular emails to give and receive much needed love, kindness, and social support.



Get Creative

Creative expression is a distraction from negative thoughts and makes you feel productive. Indulge your maker side and tackle a home DIY project. Knit. Paint. Sew. Write. Make a photobook of your last vacation.



Be Grateful

If you or any of your loved ones have been directly or indirectly impacted by COVID19, it may be easy to get sucked down a dark hole of negativity. Finding 3 things to be grateful for everyday can increase feelings of optimism and hope. Add them to your journal to add some positivity to your perspective.

we can get through this together!

take a break

15 EASY WAYS TO DE-STRESS IN 5 MINUTES

- ☐ HAVE A HEALTHY SNACK
- ☐ SEND SOMEONE A NOTE OF LOVE OR GRATITUDE
- ☐ MEDITATE
- ☐ LIGHT AN AROMATIC CANDLE
- ☐ WRITE A GRATITUDE LIST
- ☐ PRACTICE DEEP BREATHING
- ☐ LISTEN TO MUSIC
- ☐ DANCE
- ☐ SAY AFFIRMATIONS
- ☐ STRETCH
- ☐ GO OUTSIDE
- ☐ SELF-MASSAGE
- ☐ CUDDLE A PET
- ☐ DRINK HERBAL TEA
- ☐ SIT QUIETLY