

How Mental Health Looks Different for People of the Global Majority and How to Sustain Ourselves

By Trang Nguyen, MSW, ASW, PPSC



Let's Breathe together!

Benefits of grounding:

Release of stress hormones from your body
(lowering cortisol levels — the body's stress hormone)

Reduces Anxiety and Increases Energy

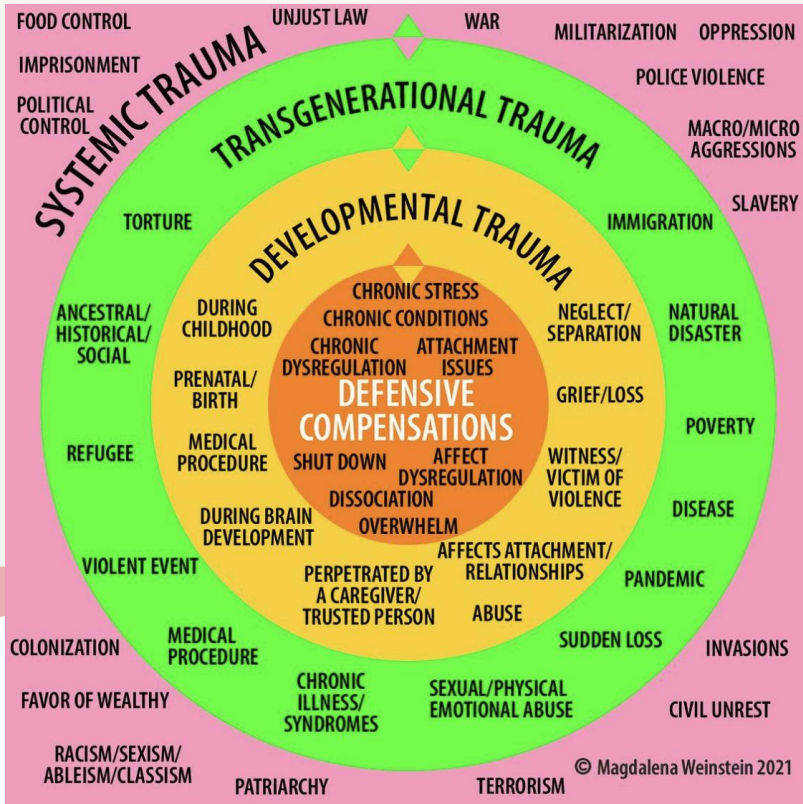
Stimulates the vagus nerve. This helps to soothe parts of the brain that trigger the
“fight-or-flight” responses

Improves mood and self-esteem

Improves circulation

Helps us feel connected to our body

Why is this important?



Recent Empirical Research on Discrimination and Mental Health - Adults:

Discrimination is positively associated with measures of depression and anxiety symptoms and psychological distress,..."

This occurs in everyday interactions but more so in high-pressure situations:

- hospitals, MH field, politics, etc. where it requires us to use our personal experiences, intuition, biases to make quick responses and decisions that have lasting impacts on people.

What are the differences?

Depression is heaviest among untreated POC (people of color or people of the global majority) populations.

POC more likely to suffer from prolonged, chronic, and severely debilitating depression with heavy consequences on their level of daily functioning.

Black Women w/ Depressive Symptoms:

- Sleep disturbances
- Self-criticism
- Irritability

Stereotypical Depressive Symptoms:

- Depressed mood
- Loss of interest/pleasure
- Weight loss or gain

What are the Impacts?



B, I, POC face systemic oppression such as:

racism, sexism, colorism, transphobia, classism, ableism, xenophobia and so on...

"This also impacts us when we do identify our depression, anxiety, and/or trauma. Going to seek help, either peer support or therapy, often means asking white people to carry some of a burden they literally can't bear or fully understand. And if we bring up the impact of racism on our mental health, it can invite white fragility and gaslighting. So we try to shrink ourselves to fit the shared (white-centric) understanding of ADHD or depression or general anxiety.."

<https://restforresistance.com/zine/mental-health-is-different-for-people-of-color>

Folx with intersecting identities are more likely to struggle with mental health issues due to external factors that inhibit them from feeling safe in their own bodies and community.

If B, I, POC are unable to identify and name our experiences, we are less likely to seek the support to tend to our mental health needs.

Due to these interactions, POC will then internalize the narratives and dismiss our own experiences and experiences of POC folx that we serve.

Now what?

Tools and Implementation

Check yourself

- Pause and check yourself, don't jump to assumptions
- Personal biases
- Cultural sensitivity

Name it

- Name it so you can tame it
- Be transparent
- End the vicious cycle of systemic harm

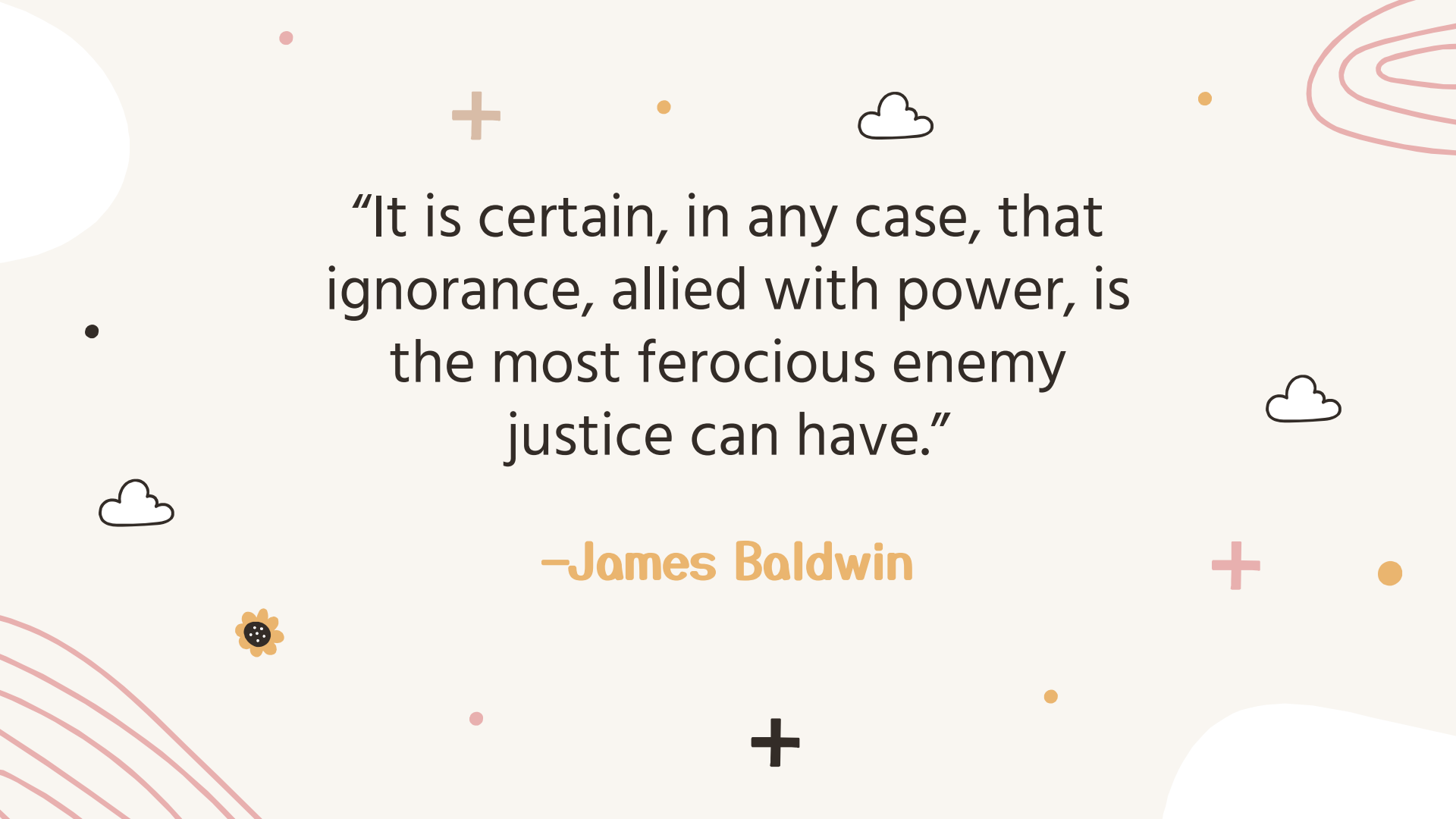


Tune Inwards

- Put yourself in other's shoes
- Compassion and empathy building
- POC can cause harm too=internalized racism, sexism etc.

Externalize it

- Vicarious trauma
- Talk to a trust friend, therapist, colleague
- Don't store it in your mind and body



“It is certain, in any case, that ignorance, allied with power, is the most ferocious enemy justice can have.”

—James Baldwin



**Thank you for
being here!**

Do you have any questions?

hello@therapywithtrang.com
<https://linktr.ee/therapywithtrang>





Community Healing Resources



Freedom
Community Clinic,
Oakland CA

<https://www.freedomcommunityclinic.org/>



Radically Fit,
Oakland, CA

<https://www.radicallyfitoakland.com/>



East Bay
Meditation Center,
Oakland CA

<https://eastbaymeditation.org/>



Tune Up Community
Acupuncture,
Oakland CA

<https://www.tuneupca.com/>



Reources



The Pain We Carry: Healing from Complex PTSD for People of Color (Book)

By Natalie Y. Gutiérrez LMFT

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies (Book)

By Resmaa Menakem, MSW, LICSW, SEP

Decolonizing the Body: Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity, and Self-Worth (Book)

By Kelsey Blackwell

