



Penn Arts & Sciences  
East Asian Languages and Civilizations



賓大中文

# **Mental Health Wellness 2022 Series #3** **Interactive & Real-Time Exercises with Alumni** **on Managing Stress and Navigating Cross-** **Cultural Mental Health**

**April 7 2022**

Sponsored by the Matthew Y Wang Memorial Fund

# Alumna Speaker Introduction



Atthena Breitton found yoga during her career as an investment banker.

The grueling hours and non-stop lifestyle caused her to suffer from high stress, anxiety, insomnia, and weight gain.

Atthena is a yoga & meditation specialist who now dedicates her life to bringing wellness and well-being to individuals and corporations.

Atthena Breitton, W'08

# Today's Overview (今天的学习概括):

1. Sum up, what we have learned from the mental health wellness series
2. Stress during finals, sleep, study and stimulant use on campus
3. Interactive discussion and real-time exercises to gain effective tips and tools to cope with stress during finals and to bring joy into daily life
4. Homeplay, take home points and resources

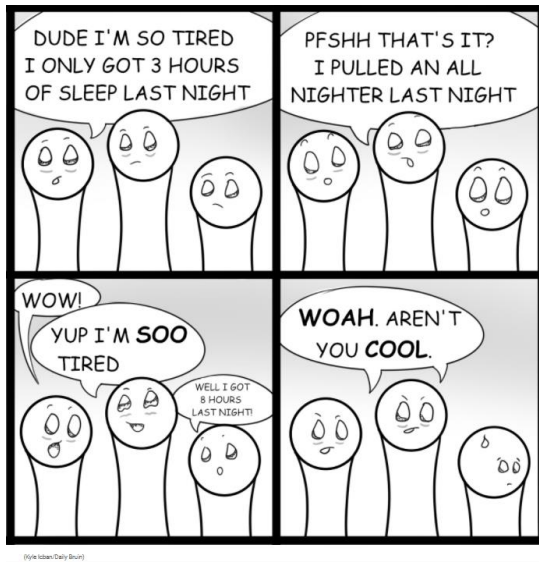
# What we have talked:

- Mental health matters
- Youth depression/anxiety and suicide are on the rise
- But... Asian Americans less likely to seek mental health services
- Recognize anxiety & depression, and common negative thought patterns
- Self-care tools and getting-help resources
- ”No Man is an Island”, introduce AAPIs mentorship @Penn
- Help other students who are in distress, i-CARE @Penn

- What factors uniquely impact AAPIs’ mental health
- Model Minority Myth
- Why does our cultural heritage impact our mental health?
- Immigration history and cross-cultural mental health concerns
- How to navigate between generations and cultures, open conversations with alumni
- Cultural identity (take home video)
- Cultural and social support, again, AAPIs mentorship @ Penn

Scientists and researchers have studied the relationship between **memory and sleep** for more than 100 years.

**Memory consolidation**, the process of preserving key memories and discarding excessive information – takes place during your **sleep**.



- Stimulant use on college campuses
- Stimulant prescription is for people with ADHD
- Common reactions: insomnia, poor appetite, feeling restless, anxious...

Adverse reactions: seizures, psychosis, mania, abuse, growth suppression...

**- Sleep is essential for memory (can't retain if you don't sleep)**

Stress during finals: Sleep, study and stimulant use on campus

Sleep quality, duration, and consistency are associated with better academic performance in college students

[Kana Okano](#),<sup>1</sup> [Jakub](#)

## Sleep disturbances and depression: risk relationships for subsequent depression and therapeutic implications

## Insomnia and the risk of depression: a meta-analysis of prospective cohort studies

[Liqing Li](#)<sup>1 2</sup>, [Chunmei Wu](#)<sup>1 3</sup>, [Yong Gan](#)<sup>1</sup>,

Affiliations + expand

PMID: 27816065 PMCID: [PMC5097837](https://pubmed.ncbi.nlm.nih.gov/PMC5097837/) DOI

## The association between sleep problems and academic performance in primary school-aged children: Findings from a Norwegian longitudinal population-based study

[Kjell Morten Stormark](#)<sup>1 2</sup>, [Hedvik Elisabeth Fosse](#)<sup>1</sup>, [Ståle Pallesen](#)<sup>2 3</sup>, [Mari Hysing](#)<sup>1 4</sup>

Affiliations + expand

PMID: 31697711 PMCID: [PMC6837329](https://pubmed.ncbi.nlm.nih.gov/PMC6837329/) DOI: [10.1371/journal.pone.0224139](https://doi.org/10.1371/journal.pone.0224139)

Sleep and depression, sleep and academic performance

# BETTER SLEEP CHECKLIST

@EQUIPSLEEPINGCO X @SELFCARESPOTLIGHT



try to get some sunlight during the day



keep your bedroom cool, dark, and comfortable



don't go to bed too hungry or too full



don't go to bed angry, worried or upset



avoid excessive liquid consumption in the evening



no caffeine, nicotine, or alcohol near bedtime

set a regular schedule for sleep and stick to it



avoid digital devices in the bedroom

KNOWING

≠

DOING



# On Learning (学习) Study and practice

学 study, knowing  
习 practice, doing

*Why don't we do the things that we know are good for us?*

*Hard*

*Difficult to start*

*Time*

*Not accessible*

*Quick, easy, accessible* tips & tricks  
to increase joy and manage difficult  
times

*Do them today!*

*Let's circle back to the topic of sleep*

“I know sleep is important! I’m exhausted, but I’m so stressed, I can’t fall asleep!”

--*every student*

*What do you do to try to fall asleep?*

# How to fall asleep in minutes

1. Get comfortable
2. Get still
3. Relax your face & your jaw, and let your eyes fall back into your eye sockets
4. Slow down & deepen your breath
5. ***SECRET SAUCE:***  
RETENTION OF THE  
BREATH IN – EMPTY OUT  
THE MIND
6. Repeat



**Now that you've gotten restful sleep...**

**What is the single most beneficial thing you can do in the morning for your energy, wakefulness, and focus?**

***SHOWER!!***

# Shower = Natural “caffeine”

- Water is purifying
  - Wash off sluggish, sleepy energy
- **BONUS:** Make it cold!
  - Cold showers increase your body's circulation and your oxygen intake, waking up your whole body
  - A 2016 health study: **91 percent** of participants wanted to continue their cold shower routine after the study ended because of how **energized** it made them feel in the mornings. In fact, they said it gave them a **similar effect to drinking caffeine**.
- Last few seconds – final rinse with cold water!

# If all else fails...

- Wash your face with cold water!
  - Studying
  - Before exam
  
- Splash your face with cold water!



We can do hard things.

An object at rest stays at rest and an object  
in motion stays in motion

*Inertia*

# Make Two Lists – Treats & Rewards

Free / Low Cost

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Indulgent

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# Make Two Lists – Treats & Rewards

## Free / Low Cost

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- Go for a walk down Locust Walk w/o my phone
- Grab a bubble tea
- Watch an episode of my favorite TV show
- Take a bubble bath
- Get Bui's instead of going to 1920 Commons

## Indulgent

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- Get a massage
- Go out to dinner in Center City
- Buy a private yoga session
- Buy the pair of sunglasses you've been eyeing!
- Take a weekend trip

*Design your first exam day*

*Homeplay: Give that to yourself!*

*PSA: This will be part of your Chinese  
final!*

*BONUS: Do this for at least 1 other  
exam/day or end of finals and GIVE  
THAT TO YOURSELF!*

Celebrate our wins.

# How?

- Jump, dance
- Share with a friend
- Take a few seconds to simply acknowledge it and feel grateful
- Give to yourself from your list of Treats & Rewards

*Don't just plough through it!*

*Make a list of your wins for this week  
(big or small!)*

*Share it!*

*Homeplay: Write and acknowledge the wins in life that you haven't.*

*Share it with someone.*

*Celebrate it.*

***BONUS: Set this as a daily/weekly practice to acknowledge and celebrate your wins.***



# “Holy Four”

- *I brag...*
- *I'm grateful...*
- *I swamp...*
- *I desire...*

*Homeplay: Do this practice 1 more time this week with a friend.*

*BONUS: Set this as a regular weekly practice.*

*How do you feel?*

Happiness is not a goal; it is a state.

*Practice, practice, practice.*

***You are not your scores.***

***You are not your resume.***

***Your numbers and achievements don't  
define you.***

# Homeplay Summary:

- 1. Making difficult experiences more pleasurable:** Treats & Rewards - give yourself your first exam day you've designed
  - *Reminder:* This will be part of your Chinese final! Start thinking ahead, and do it!
  - *BONUS:* Plan out for at least one (1) other exam/day or end of finals and give that to yourself!
- 2. Celebrate Wins:** Write and acknowledge the wins in life that you haven't. Share and celebrate.
  - *BONUS:* Make it a daily/weekly practice to acknowledge and celebrate your wins. Monthly calendar.
- 3. “Holy Four”:** Practice this with at least one (1) more person this week
  - *BONUS:* Set this as a regular weekly practice with same friend(s)

# Take home messages:

- Sleep is essential in fueling our mental power and studying efficiently
- Lack of sleep can increase the chance of developing depression and anxiety
- Be cautious of the potential side effects when taking stimulants
- A grade does not define you or your future
- Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it

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- Asking for help is not a sign of weakness, but a sign of strength
- "No Man is an Island", reach-out to your fellow students,  
Share@CAPS and AAPI alumni mentorship@Penn

# Resources

## MENTAL HEALTH RESOURCES

[Asian Mental Health Collective](#) ← AAPI

[Wellness At Penn Instagram](#) ← Penn

[CAPS Tips & Tools](#) ← Penn

[Mental Health Resource Center](#)

[Self-care Assessment](#)

[Self-care Ideas](#)

[Identifying Lifestyle Behaviours](#)

[Determining your personal values](#)

[Identifying Stress, Distress, Crisis](#)

[Emergency Self-Care Worksheet](#)

## PENN SUPPORT NETWORK

- PAACH + Community Houses
- Academic Advisors + Teachers
- RAs & GAs
- Older Mentors in clubs and classes
- Counseling and Psychological Services (CAPS)

## CAMPUS RESOURCES

*The HELP Line: 215-898-HELP*

*Counseling and Psychological Services: 215-898-7021*

*Student Health Service: 215-746-3535*

*Office of the Vice Provost for University Life: 215-898-6081*

*University Chaplain's Office: 215-898-8456*

*Reach-A-Peer Helpline:*

- 215-573-2727 (every day from 9 p.m. to 1 a.m.)
- 215-515-7332 (texting service available 24/7)



# Penn AAPI Alumni Mentorship Program

*A collective of Penn Alumni committed  
to increasing open dialogue around  
mental health in the AAPI community*



↑ **Interested in being a mentee?** ↑

*Scan the code above & we'll reach  
out with more info via email*

Give us feedback!

