Reflection Worksheet

Use the space provided to reflect on the discussion questions as we go through the presentation

Question 1:
How have you seen depression stigmatized within your own community, whether race, religion, or sexual orientation?

Question 2:
Do you think your community enhances the negative stigma surrounding anxiety? If yes, then why?

Question 3:
In your opinion, within your community, do you see stereotypical gender roles and what are they?
Question 4:

Do you think the generation gap within one’s culture causes issues? If you see any issues, is it more of a struggle within the family dynamic or is it your identity vs. the world’s view of how you are expected to be?

Question 5:

In your opinion, does family play a big role in your culture?

Question 6:

The next question is geared toward students or staff and faculty members who work at or attend an institution: At your institution, do you feel as though you have a community to go to that enhances your sense of belonging on campus?
Question 7:

How do you handle imposter syndrome?
Breakout Room Questions

Question 8:
Discuss examples or personal experiences (if comfortable) about any mental health challenges that you may have seen amongst the Latinx community.

Question 9:
Are there any other tv shows that show representation within your community or shed light onto any issues your community may face?
Ways to support the Latinx Community

Use the space below to write down ideas you wish to share or other participant's ideas that you wish to keep.
Box breathing

Hold for 4 counts

Benefits of box breathing:

1. Brings balance to your mind and body
2. Regulates your natural rhythm
3. Effective in dealing with stress, anxiety and anger

Inhale for 4 counts

Exhale for 4 counts

Hold for 4 counts
54321 technique is a sensory awareness method that aims to remove your irrelevant thoughts and makes you focused on the present moments. It is a coping strategy for anxiety.

**Benefits of 54321 techniques -**

- A helpful tool to relax.
- Improves immune system.
- Reduces irregular sleep patterns.
- Helps to ease anxious thoughts.
- Being alert & mindful of behavior.
- Balance of physical & emotional well being.