

Stand in Solidarity
**Against Anti-Asian
Racism**

#AsianGoldRibbon

TIP SHEET

Mental Health & Well-Being During COVID-19 and a Pandemic of Anti-Asian Racism

As a result of COVID-19, many of us are **Languishing**:
A Organizational psychologist, Dr. Adam Grant, describes languishing as “a sense of stagnation and emptiness... It is not clinical depression. You are not necessarily feeling hopeless—just a bit “blah.”

Know it is “**Okay to Not Be Okay.**”
There is not one right way to be feeling right now.

Modeled after the 3 themes of Asian Heritage Month 2021

**Recognition, Resilience, and Resolve, the following
mental health tips are offered:**

Recognition

- Coping well means reflecting upon and acknowledging the difficult times we are currently living in.
- Spend time journaling and/or talking about how you feel. It is critical to not push down difficult emotions. Know you are at risk for addictive behaviors such as alcohol and substance abuse when numbing and avoiding difficult emotions.
- Numbing difficult emotions also means positive emotions are shut off.
- Don't be surprised if you are quicker to impatience, frustration, and little things that didn't bother you before are bothering you now.
 - Recognize and understand that similarly, kids will be upset about things that seem unimportant on the surface; however, it's often deeper emotions that have no outlet other than those small, seemingly insignificant every day occurrences. Hold space for those emotions, not focusing on the surface reason why they are upset.





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- Recognize who are “your people.” Connect with them regularly. Research underscores how social support significantly reduces the mental health affects of discrimination.
- Recognize the value of talking to a mental health professional. Counter to popular belief, those who attend counselling are often more stable than those who do not!
- Check out the [Asian Heritage Month](#) focused on celebration and recognition of the beauty of the Asian heritage and culture. In particular, books and exploration of Asian topics are available here:
- Watch [The History of Racism in Canada](#) produced by Act2End Racism in recognition of the historical racism Asians faced dating back since the 1880s.

Resilience

- Tell your stories and talk about racism or times when you felt like an outsider. Process them with those who understand and can listen heartfully.
- Build community with other Asians to forge connection and belonging .
- Speak up and be seen. View other stories and take part in sharing your story through: [Asian Stories](#). Safely name microaggressions and speak out against them. It’s uncomfortable to do so; it’s even more uncomfortable when you are the pit of a racist joke or mistreatment and no one speaks up.
- Develop a relationship with a therapist you can go back to over the years. It is an invaluable relationship, a holding space for you throughout your life.
- Intentionally build positive ethnic identity and learn and talk about the history of systemic racism to understand the atrocities enacted by the Canadian government in order to move forward towards healing.
- Continue meeting people of other cultures and explore commonalities while celebrating differences.
- Build resilience through meditation practices described here by leading expert.
 - Meditation: Teach children the value of slowing down, being in the present moment, and the art of meditation. For example, get the free App [Mindfulness](#) and bookmark favorite meditations to come back to as a regular daily practice.
- Keep routines, find daily routines that are nourishing (e.g., walk or cycle with the same friend(s) every Saturday afternoon).
- Try new things. For example, “Celebration Saturdays” or “Appie Hour” on Thursdays with those in your household and/or with close friends virtually.





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- Take long break from virtual meetings when possible! Leave personal devices in a drawer for a day, take breaks from social media, and take a leave from news media.
- Go out of your way to find laughter and connection with nature.
- Do **NONE** of the above if it doesn't suit you! Above all, honor your instincts for wellbeing.
- Read how
a Conversation Article by Asian Gold Ribbon founder, Dr. Gina Wong.

Resolve

Having a clear conviction of a future worth striving for. It is an unwavering determination to act for the betterment of oneself and others.

- Write down goals and visions for the future. Set your intention for the future and believe it's possible.
- Commit to knowing that none of us are immune from being racist. We all have unintentional hidden biases. Reflect upon and be curious about our own beliefs and how they were formulated
 - Work to support other minoritized and racialized communities in the interest of cross-racial coalitions
 - Read [The Gifts of Imperfection](#) by Tarana Burke and Brene Brown
- Foster pride in Asian youth to feel pride in who they are. Have difficult conversations with our children. See -
 - Model to youth that mistakes are good. Read and share the **Gifts of Imperfection** and [The Gifts of Imperfection](#) by Brene Brown.
 - The Model Minority stereotype emphasizes perfection, which breeds anxiety and worthlessness unless performing at peak levels
 - The Model Minority stereotype also silences us from speaking or sharing difficult feelings or challenges. Counter this in ourselves and model talking about feelings with our children. Watch [The Gifts of Imperfection](#) a Ted Talk by Brene Brown and read [The Gifts of Imperfection](#) an International bestseller.
 - The Model Minority stereotype prefaces pleasing others to avoid the uncomfortable feelings of guilt and letting others down. Teach our youth it's okay to be displeasing, to trust their instincts. Model what it's like having good boundaries and to say 'no'.





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- Work on your relationship with yourself, which is fundamental to our relationships with others (e.g., if we do not like ourselves we tend to be harsher and more critical of others)
- Compassion for self is the most important of all. Resolve to be easier on ourselves, be open to learning, making mistakes, forgiving ourselves. See [with Dr. Kirstin Neff](#) and take a quiz to see how you do in this area



Racism is part of a larger global problem. We respect and honor the tireless work of the Black Lives Matter and the advocacy work for truth and reconciliation leading towards healing for Indigenous peoples that have paved the way for this Asian movement. Shifting the cultural tide of hate and denigration of BIPOC minority groups is essential work we must all do.

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