

ICCC MENTAL HEALTH & WELNESS

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Challenges Unique to Muslims

- Conflation
- Supernatural Beliefs
- Historical Gaps

Islam

- Identity Development
- Shame
- Defensiveness

Islamaphobia

- Colonial Mindsets
- Safety
- In House racism

Racism

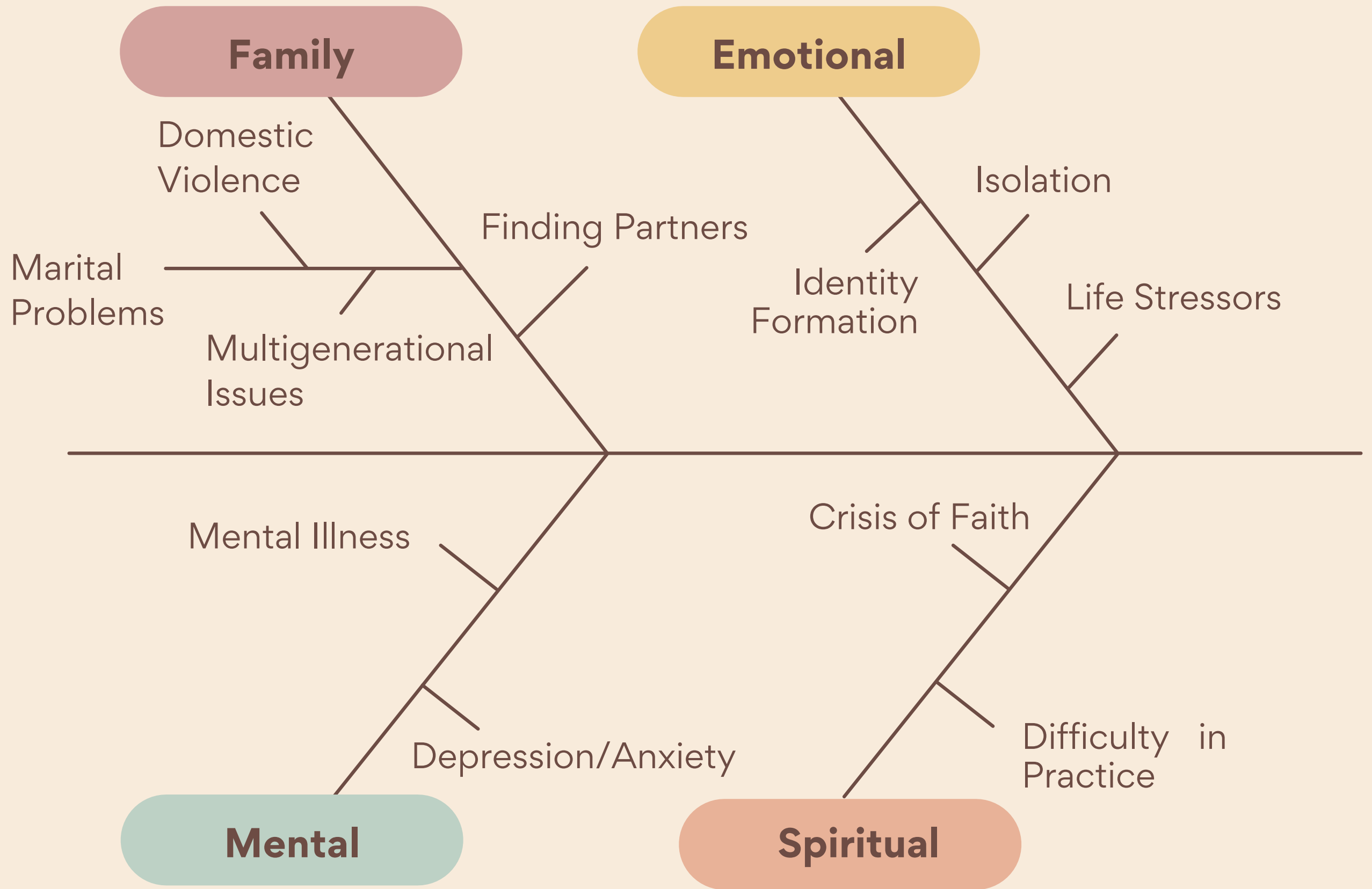
- Lack of professional competence
- Language barriers
- Politics

Diversity of Cultures

- Immigrants raising Americans
- Model Minority
- Expectations/Fears

Immigration

We are just like everyone else



WHAT IS THE PLAN?

- **Stigma Reduction**
- **Increased awareness of pathology**
- **Dialogue about shared community struggles**

- **Provide appropriate referrals to culturally competent professionals**
- **Help community members navigate social services**

- **Premarital Counseling**
- **Divorce Counseling**
- **Grief Therapy**

- **Continuing Education for mental health professionals**



From the Frontlines



SELF

- Parts of Self
- Ideal self/real self
- Identity within self versus identity within community



PURPOSE

- Value driven life
- Self acceptance
- Responsibility to family, faith, community



EMOTIONAL INTELLIGENCE

- Emotional vocabulary
- Empathy for others
- Compassion for self



AUTONOMY

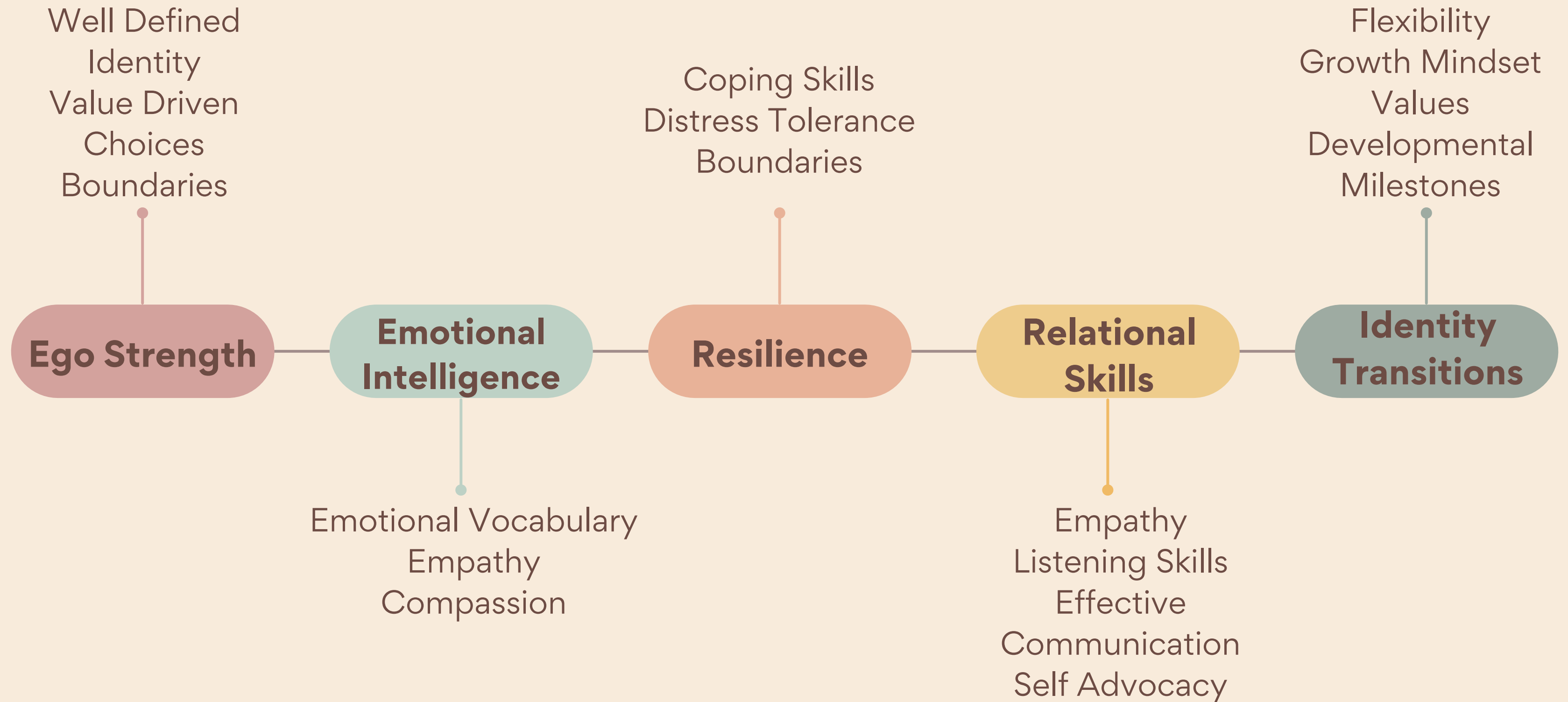
- Freedom of college
- Parent Child nucleus
- Peer pressure



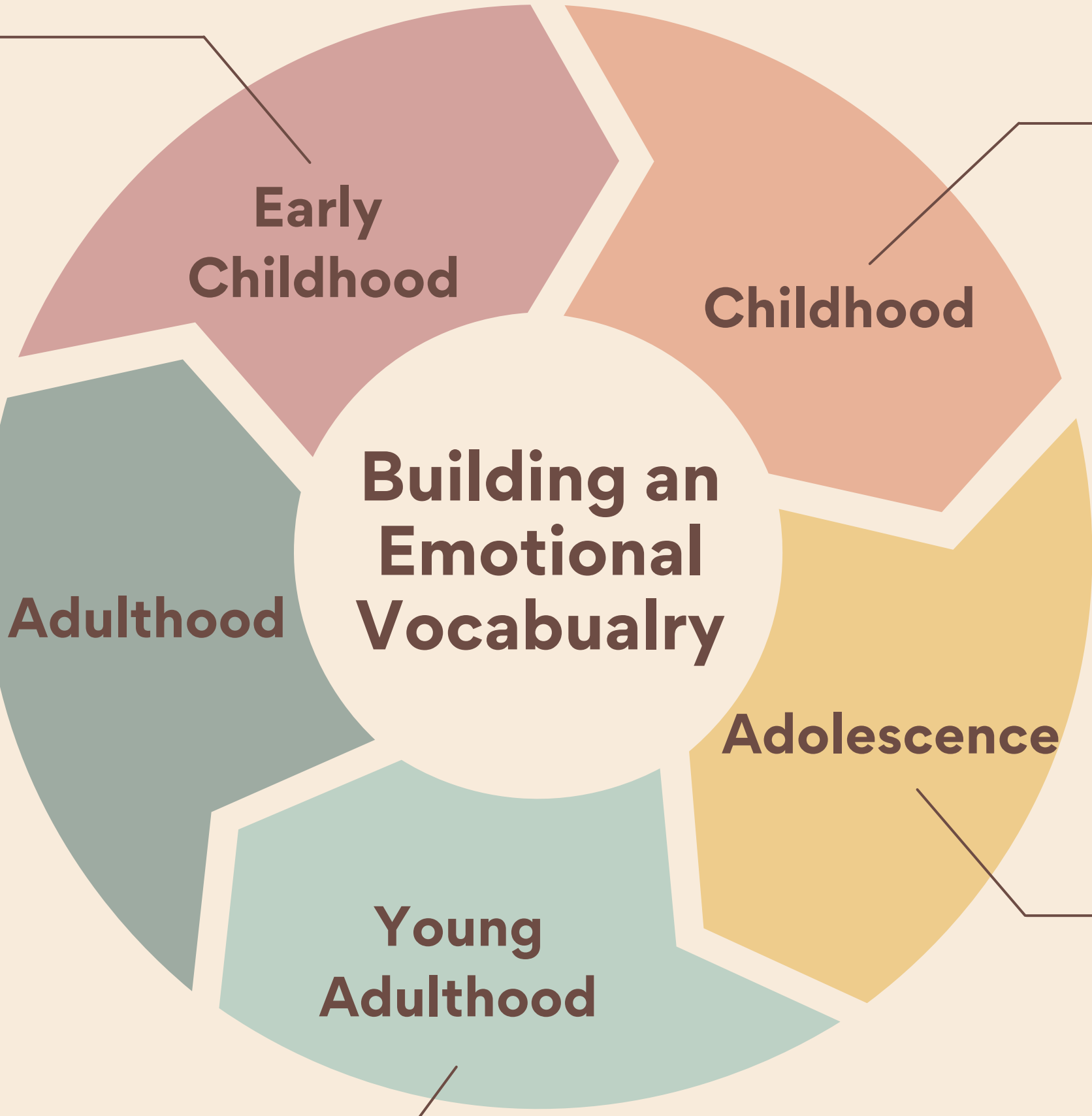
LGBTQ+

- Religious clarity
- Public navigation of this issue
- Personal confusion

Components of Well Being



Building an Emotional Vocabulary



Focus on yourself

Take care of your body

Thank yourself

Remove negative comparisons

Build positive affirmations

Early Childhood

Childhood

Adolescence

Young Adulthood

Adulthood

ANGRY
Annoyed, aggravated, aggressive,
bothered, bitter, cantankerous,
disgusted,

SAD
Abandoned, blue, bereaved, crestfallen,
crushed, disappointed, gloomy, glum,
heartbroken



HAPPY
Amused, awed, buoyant, cheerful,
delighted, elated, euphoric, gleeful,
joyful

SCARED
Afraid, apprehensive, concerned, edgy,
fearful, frightened, guarded, judged,
overpowered, vulnerable

FRUSTRATED
Baffled, bewildered, defiant, flustered,
insecure, manipulated, neglected,
overstimulated



Words

Encourage, affirmations, appreciate, listen actively



Time

Uninterrupted and focused conversations, one-on-one time



Gifts

Thoughtfulness, make your spouse a priority, speak purposefully



Acts

Let them know you are wanting to help



Touch

Non-verbal use of body language and touch to show love

