

# AMAZING MENTAL HEALTH



YOUTH  
Mojo

華人  
進步會

CHINESE  
PROGRESSIVE  
ASSOCIATION



Dear Readers,

We're so excited to share with you all "Ama-zine Mental Health," presented by the members of Youth MOJO. Youth MOJO (Movement of Justice and Organizing) is a youth-rooted program founded by the Chinese Progressive Association (CPA)'s youth leaders. It's centered around leadership development and the breakdown of social issues heavily impacting the community (e.g. healthcare, education, immigrant & worker rights). This summer, we focused on mental health by creating a zine together. With the overall purpose to break the stigma surrounding youth mental health, we have shared some of our personal stories, the statistics & resources regarding youth mental health, and more—all available in this zine.

We envision an authentic space allowing young people to feel safe being vulnerable and open. With this zine, we hope to create youth solidarity around mental health and promote our collective healing.

With love & thanks,  
Youth MOJO

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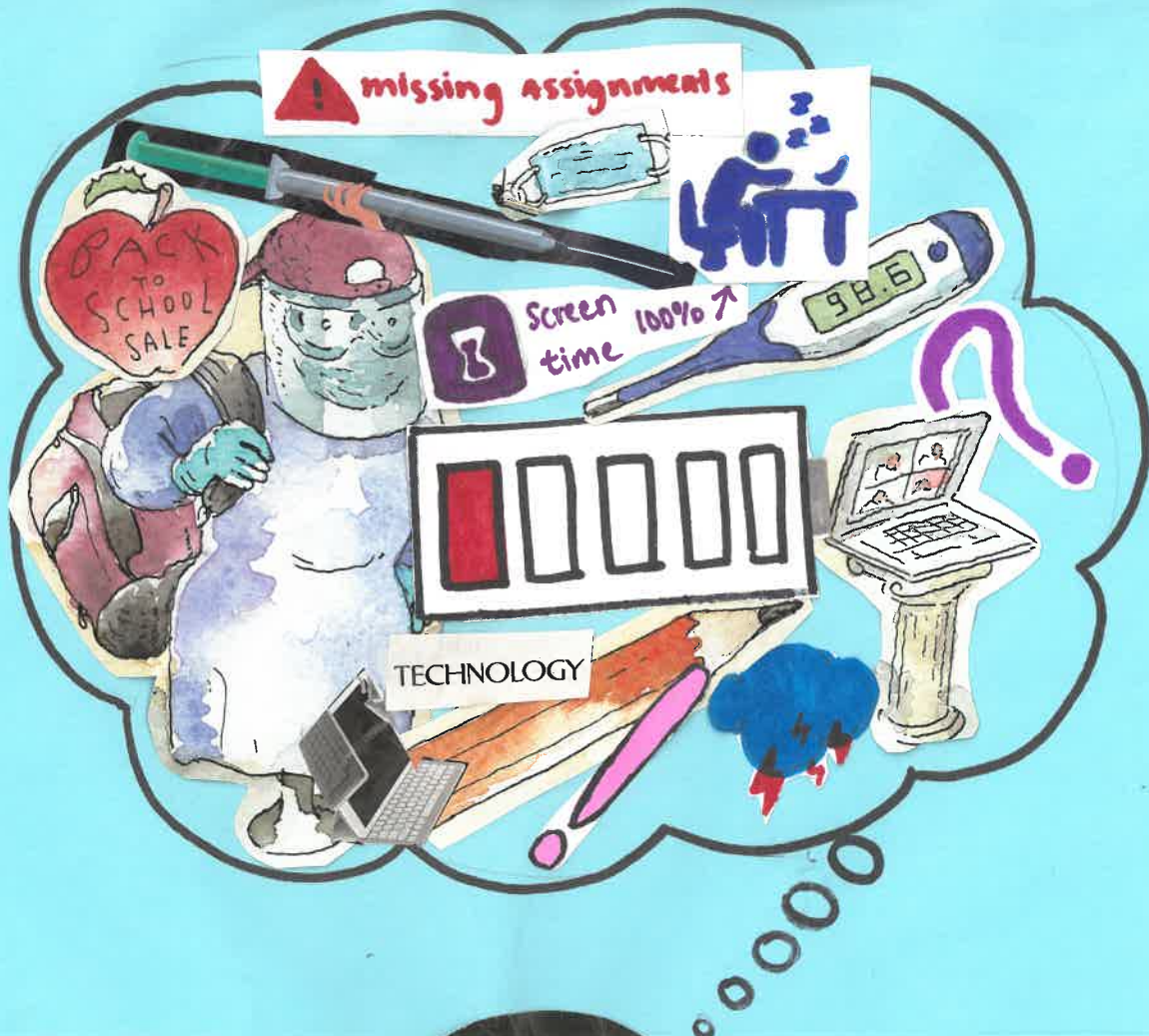
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Sources Used

List of Contributors and Special Thanks

About CPA (and How to Join MOJO)

Back Cover Art by Sam Foley





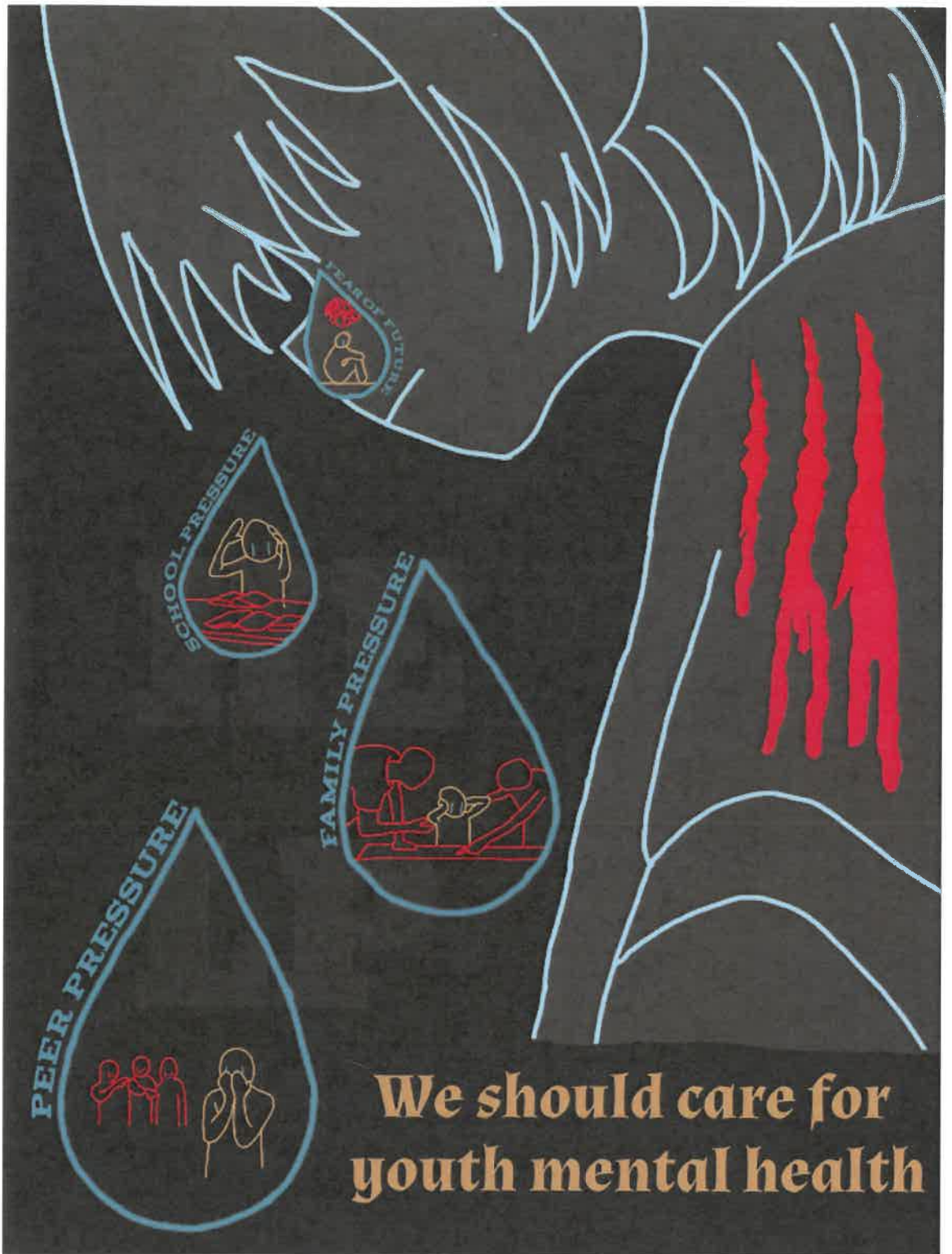
# Mental Health



Ryan L

Mental health is an important aspect of life. It involves a person's emotion, socializing with others, living in the society, caring for one another, and self love etc. When mental health is affected, things like depression will happen and you will lose your mind and feel negative about yourself because you aren't capable of doing anything as your mental state is negatively affected. When things like this happen to people, the best way to get help is asking for help because a first step needs to be made before anything else and people won't know help is wanted until you ask for it. People like therapists, friends, family, and teachers are examples of who to reach out for because you may feel comfortable with them. In addition, it is important that you have a positive mindset and constantly try to do fun things because it will distract you from the negative things!!!





**We should care for  
youth mental health**

GROW UP &  
BE **SUCCESSFUL.**



MAKE SURE  
TO GET **GOOD**  
**GRADES** IN SCHOOL!



I MUST WORK  
HARD & GET **ALL**  
**As** IN SCHOOL.



**SCHOOL** IS THE  
**PATHWAY TO SUCCESS.**  
YOU WILL GET A GOOD  
JOB & MAKE **\$\$\$.**





---

I MUST DO PERFECT IN SCHOOL  
& GET STRAIGHT A's.

FAILURE IS UNACCEPTABLE.



## Meritocracy and Us

By Salem Choy

Meritocracy *mer-i-toc-ra-cy* (noun)

Government or the holding of power by people selected on the basis of their ability.

Most likely, you don't really know what that word means, meritocracy. Maybe you've heard it brought up before, or maybe this zine is the first time you're hearing it. But even if you aren't aware of meritocracy, it can be an overbearing shadow in your life, an almost physical presence with how much it affects your day-to-day activities.

If you're like me, your life is defined by small letters on a piece of paper given out four times a year, once at the middle and the end of each semester. An arbitrary value attached to the first couple of letters in the alphabet. Letters that could make or break my sense of worth or pride for the next couple of months. Some were good and some were bad, and the power they held over me made it so my own worth was defined by whether I got a good or bad grade.

But meritocracy doesn't stop after you leave school. What college you went to, if you went to college, or if you have your GED can be used as units of worth that people use to define and judge each other. Coworkers, employers, friends, family, and strangers think they know you and what you're worth as a human being just by knowing those few facts about you.

Whether or not you have a job, what job you have, how good you are at it. What we get, and what others think we deserve to get is measured by these standards. How much power we are given in society, by society, is based on assumptions made about our ability. But these facts don't share the whole story. You can't tell someone's struggles from these constructed units of merit. You can't tell how much someone fought by how many achievements they have. In a world in which there is a continuous flood of forces working against people, how can we be the ones to assume what people are worth based on the existence of some words on a page?

However, the reality is that we do. Meritocracy gives us reasons to look down on others who have achieved less. It lets us judge them and believe that because they achieved less they deserve less than others who have achieved more. We ignore the other existing factors, white supremacy, poverty, racism, capitalism, generational wealth, sexism, and mental health struggles, just to name a few. With meritocracy, we disregard all of that and look at someone who didn't achieve as much as someone else and label them as lazy, failures, and deserving of fewer benefits than others. Meritocracy is a system in which inequalities are justified on deservingness. This system pits all of us against each other, each of us, who at our core, are all just human. And meritocracy doesn't just impact how we view and treat others, it can impact how we see ourselves.

Numerous studies have shown that not only is meritocracy linked to increasing stress, anxiety, chances of burnout, and depression, but it also contributes to the stigmatization of these mental health issues. We live in a

world in which our worth is measured by our successes, so what happens when we fail? Because we're human, we have bad days, we make mistakes, and even if we try our best, the forces against us and the nature of our existence make it so that we will undoubtedly fail over and over again. In a meritocratic world, we're the sum of our best and worst moments. Our achievements or lack thereof. A mathematical equation determining our value based on points collected throughout our lives. A grade.

But I refuse to believe that who we are is summed up by a resume, a diploma, or a report card. Those pieces of paper are faulty instruments unable to see the bigger picture, and they shouldn't determine how much we deserve to be given from life. There is no way to measure kindness, generosity, resilience, or hope. In a meritocratic society, our lives are determined by our highs and lows, but it's the moments in between that make it worth living. The kindness we give to strangers or the actions we take for those we love. You are more than your merits, more than a letter on a page. You are a galaxy of continuous and conflicting thoughts, feelings, and experiences. You deserve to have power over your life.

No one should be solely defined by how well they played a rigged game.



# Meritocracy and Model minority myth's affects on Mental Health

Meritocracy: the ruling or influence of educated or highly skilled people

Model minority myth: The stereotype usually set on Asian Americans that they are successful, well-adjusted, smart, and in no need of social or economic assistance

Here are some of the many ways that meritocracy and model minority myth can affect the youth.

1. **Cultural and Family Expectations:** In many cultures, there are strong expectations for youth to excel academically. While these expectations may be well-intentioned they can be a source of immense pressure on the youth.
2. **Internalized Pressure and Stigmas:** The pressure to conform to the model minority stereotype can lead to internalized pressure to succeed at all costs. There might also be stigmas surrounding mental health issues within these communities, making it difficult for youth to seek help and support.
3. **Discrimination and Microaggressions:** Both Meritocracy and Model Minority Myth can create harmful stereotypes against marginalized communities. Experiencing discrimination or feeling like an outsider due to these stereotypes can lead to feelings of worthlessness, depression, and anxiety among youth.
4. **Lack of Support and Understanding:** The model minority myth can lead to a lack of recognition and understanding of mental health struggles in communities resulting in insufficient support and worsening issues.
5. **Imposter Syndrome:** Youth experiencing any of these issues may also experience imposter syndrome, feeling like they don't belong or deserve their accomplishments, which can negatively impact their mental well-being.

ter, Jimmy said, "I never saw  
people in this state that think of  
as Manchin every time they flush  
toilet." After he became sec-  
retary of the West Virginia  
Union, he told me, "We started los-  
ing people. No one came back."

In 1982, while selling carpets in the  
family business, Manchin was elected  
to the state legislature and started mov-  
ing as a conservative Democrat. He  
became a national officer of the Amer-  
ican Legislative Exchange Council, a  
conservative policy group that drafted  
mod bills for state lawmakers. He op-  
erated in part, appealed to all "able-bodied" people, to the welfare to find

Street  
In 1996,  
for the governa-  
coal-miners' union dis-  
putants with his name crossed  
Roberts, the head of the  
"It wasn't that he  
unions. It was

center, where he  
Mrs. His work straddles the departments  
of psychiatry and neurology. His  
ability is mitochondrial. He

jects a lab of about a dozen research-

self to constituents by defending West  
Virginia against hillbilly stereotypes  
portrayed on "The Love Boat," and he  
has hundreds of thousands of

that he used his office for self-pro-  
moted, he said, "Sure, I'm a showboat,  
but I'm in government!" Later,  
West Virginia's treasurer, he

Glucose  
the mitochondrion  
that emanates from  
like chi. Posidon  
and soul

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skrit for "breath-  
-pt has an anaer-  
like chi. Posidon  
and soul

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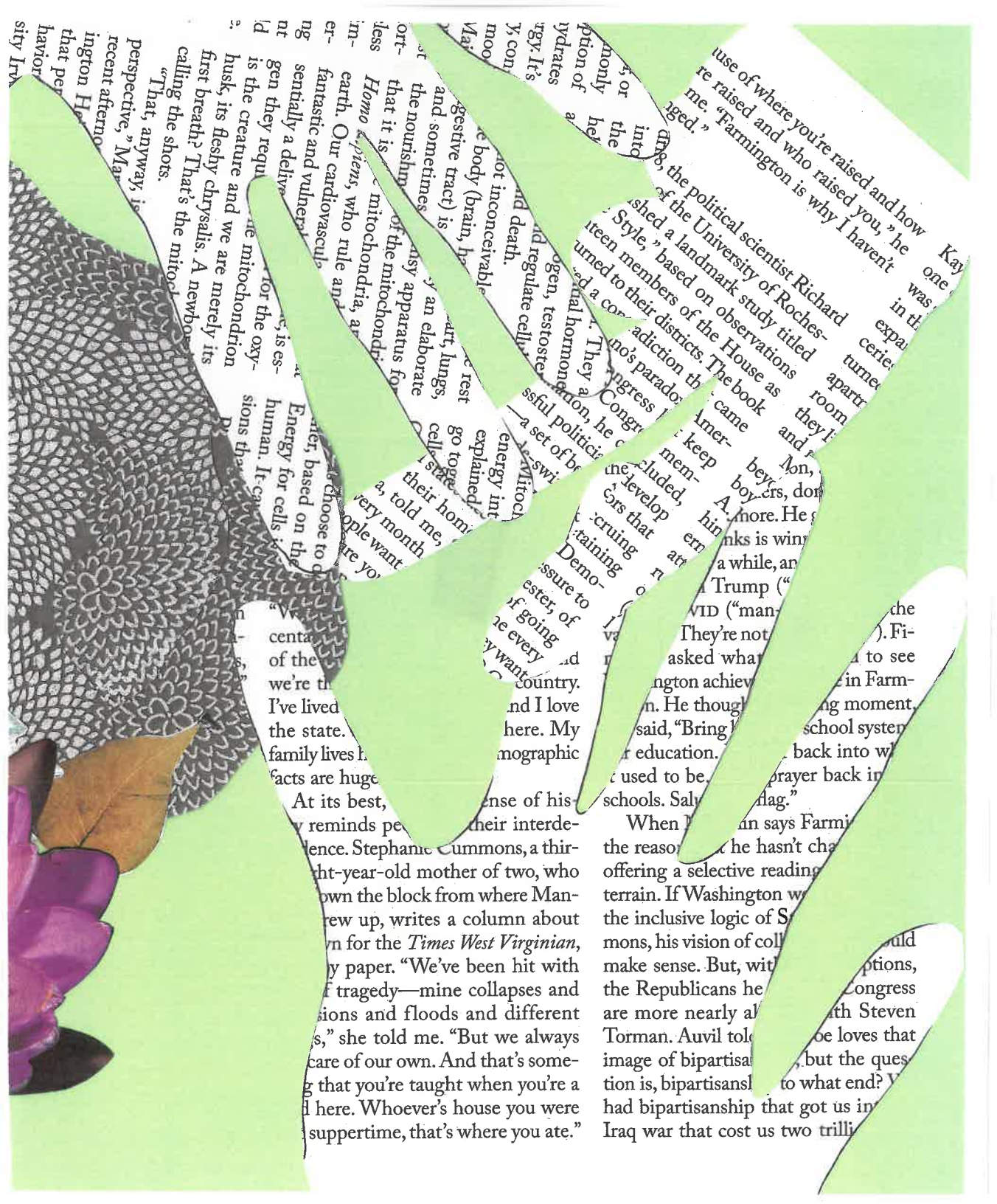
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and soul

jects a lab of about a dozen research-





use of where you're raised and how you were raised and who raised you," he said. "Farmington is why I haven't moved."

Richard Stroh, the political scientist at the University of Rochester, based on observations of the political members of the House of Representatives, published a landmark study titled "Style," based on observations of the members of the House of Representatives. The book came out in 1988, and it's a paradox that came out of the study. They argued that a congressional member's political ideology is not necessarily reflected in their speech. They argued that a congressional member's political ideology is not necessarily reflected in their speech.

Energy for cells is based on the mitochondria. It's the power house of the cell. The mitochondria are organelles that generate energy for the cell. They are found in almost all eukaryotic cells. The mitochondria are organelles that generate energy for the cell. They are found in almost all eukaryotic cells.

When I was in high school, I was a member of the National Honor Society. I was a member of the National Honor Society. I was a member of the National Honor Society. I was a member of the National Honor Society.

At its best, the sense of history reminds people of their interdependence. Stephanie Cummons, a thirty-eight-year-old mother of two, who lives on the block from where Manly grew up, writes a column about the city for the *Times West Virginian*, a local newspaper. "We've been hit with a lot of tragedy—mine collapses and landslides and floods and different things," she told me. "But we always take care of our own. And that's something that you're taught when you're a child here. Whoever's house you were in during the war, that's where you ate."

When I was in high school, I was a member of the National Honor Society. I was a member of the National Honor Society. I was a member of the National Honor Society. I was a member of the National Honor Society.

# \* TMI: talking about death, grief, implications of suicide + depression



To honor my best friend, Mimi

Mimi loved A more than anything.



If the feeling of 'home' could be defined,  
his presence would embody it.



They planned their future.  
Mimi couldn't imagine hers without  
him in it.



but life's fragility soon became  
apparent. Maybe it became too  
much for him? Regardless, Mimi's  
best friend is not coming back.





Transitioning back to the real world was hard.



Everyone seemed to move on, except Mimi.



People were okay with a Sad Mimi at first,

I'm here if you wanna talk.

I'm so sorry for your loss.

Thx

ok.

Wow I hope you find peace.

He'll watch over you.

ok.

will he?

but after a year, she was expected to "get over it".



She didn't know how;  
nor did she want to.



Maybe Mimi was being too  
Stubborn, but who wouldn't be?



If you loved someone  
for eight years



and if that someone happens  
to be A...



# Sometimes

we just feel stapled together  
barely holding on.



**1/5** of US adults ~~suffer~~  
from mental health



# My top 5 tips for dealing w/ my mental health:

#1 - CRY ABOUT IT! 🥹

#2 - SIPS OF GRATITUDE  
- think of one thing u are grateful for with each sip of your drink

it took me a long time to realize that I struggled with my mental health. Even longer to identify that what felt like unending traumatic experiences, exacerbates the mental health challenges & trauma I inherited from my family. I wasn't able to realize this without friends who make me feel safe, & who care about me enough to want better for me. So many loved ones have guided

me to loving & caring for myself, I never would have been able to do this alone. and i still cant. what continues to take the longest is feeling truly worthy of healing, care & dedication it takes to generate love from within.

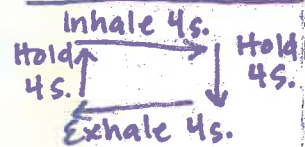
## Today I Am Grateful For:

1. family, friends, community, & d ones who show me what is possible!
2. Enoki Collective - for the mutual support, safe & vulnerable space & encouragement.
3. Me! for being brave & doing the unconfy things & choosing myself even when its hard.

#3 - LIGHT A CANDLE 🕯️

- release your worries as you blow it out!

#4 - BOX BREATH

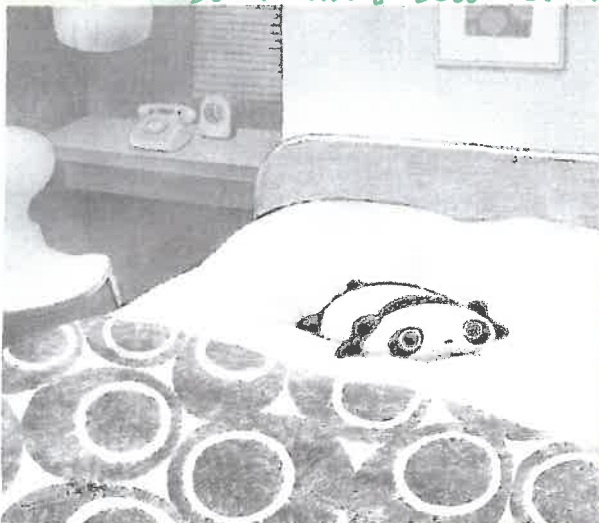



#5 - TIME 4 ME!

🧑 - Rest!  
👉 - Fun!  
👈 - Needs!



♡, Fei



✦ + ☾ + Good Sleep + ✦  
PRACTICES  + ✦

Mind wandering? Can't sleep?  
Here's what I do or

my solution:

1. Set 15 minutes of time away from electronics before you sleep. I like to journal, doodle, read or fidget with something. This can also be the time you spend preparing to sleep, like brushing your teeth and having a spa day (skin care, etc.)
2. Turn off all lights and keep light out. Blackout curtains, a sleep mask, or sometimes even putting your arm over your eyes are all things to totally blackout your sight.
3. Focus on your breath instead of wandering thoughts. Let them flow out like a river. Release if you wander.
4. Release tension. You can do this by relaxing your muscles. Eyes, arms, legs, jaw, etc. relax them all! Taking a deep breath helps.

☆ ☺ ☺ Mindfulness to fall asleep (what works for me) ☆  
zzz

Lay down in a comfortable position, which can look like laying flat, to the side, or just any position where you sleep in the most. Release tense muscles!

Pay attention to the sensations of <sup>where your body is resting</sup> your body as well as your breath. <sup>where your breath starts</sup> and <sup>varies</sup>

This gives you something to focus on other than your non-stop thoughts.

★ If your mind wanders, just catch that thought and refocus on your breath ★ then let it go

I found that listening to a guided grounding / meditation / breathing video is similar to this, so you can start off with a guided version then do it yourself!

- For me, I found that by imitating the voice in my thoughts, it has the same effect



you have returned

**DANCE**

AND MOVEMENTS TO

song

sound

TURN YOUR breath INTO



LET THE  
MEDICINE OF  
FEELING  
HEAL YOU.  
LET IT GROW  
YOU

UNTIL  
YOU  
REACH  
SOURCE



LET THEM LEAD YOU  
~~TO~~

TAKE THEM  
GET INTIMATE  
WITH THEIR DEPTHS

STEP 1.  
START  
AT THE ROOTS

HOW TO COME BACK  
TO SELF:  
KAPWA

ameash

**In 2021, a friend invited me to paint what I want healing could look like.**

**I didn't know where to start - there was too much to say, too many years of unspoken truths erupting,  
an intensity of personal + collective grief present with the pandemic and many more atrocities -  
all aching to be expressed in ways I didn't have words for.**

**Where do I begin?**

**I asked my body + spirit for guidance as I painted.**

**This watercolor painting became a map  
To re-member and re-trace ourselves  
within violent systems designed to disconnect us from the root of who we are**

**Self is crossed out as a reminder that I / we do not heal in isolation - we are deeply connected**

**my/our emotions are treasures + powerful guides leading me/us to deeper awareness + healing.  
They are compasses to the new worlds we are building.**

**maraming salamat (thank u) to all the soulful beings who I have learned from and am learning alongside  
how to co-create, practice, and choose  
love + home + safety in our bodies and with our communities  
through deep listening, repair, play, and movement**

**May this painting remind you/us of the medicine that lives within  
your bodymind, roots, feelings, and  
in our interconnected being**

### **How to come back to self- kapwa\***

**Step 1. Start at the roots**

**Trace them, get intimate with their depths**

**~~Chase them~~ Let them lead you**

**Until you reach source**

**Let the medicine of feeling Heal you. Let it Grow you.**

**Turn your breath into sound + song**

**And movements to Dance. You have returned ~**

**\*kapwa: Taglog (Pilipinx language) core Pilipinx concept that highlights interconnectedness + shared inner self**



# STOP N' SMELL THE ROSES

IN THIS FAST-PACED WORLD, IT IS IMPORTANT TO SLOW DOWN AND APPRECIATE THE LITTLE THINGS.

**TAKE CARE OF YOURSELF!**

DANCE TO MUSIC ALONE IN YOUR ROOM AND SING IN THE SHOWER  
BUILD A STRONG SUPPORT SYSTEM  
CONNECT WITH FRIENDS AND COMMUNITY  
DO THE THINGS YOU COULDN'T WHEN YOU WERE YOUNG

EAT YOUR FAVORITE FRUITS  
TAKE A HOT GIRL WALK AND PAY ATTENTION TO THE TREES  
LOOK AT THE FLOWERS ON THE SIDEWALK  
WATCH THE SUNSET/SUNRISES AND REFLECT  
FEEL THE SUN AND RAIN ON YOUR SKIN



**PLACES IN NATURE TO VISIT IN SF**

*botanical Gardens*



**SONGS THAT MAKE US HAPPY**

*Dutch Windmill*



*conservatory of flowers*

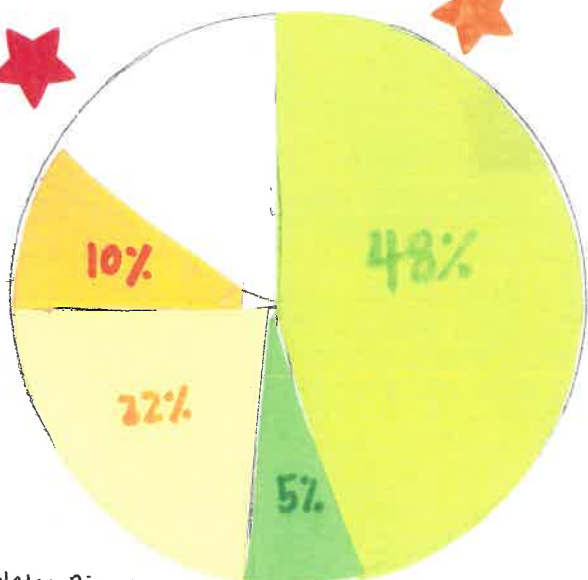


START THINKING ABOUT HAPPINESS AS SOMETHING THAT CAN BE OBTAINED EVERYDAY, NOT SOMETHING YOU NEED TO CHASE UNTIL THE CONDITIONS ARE ABSOLUTELY PERFECT



# Mental Health Rights!

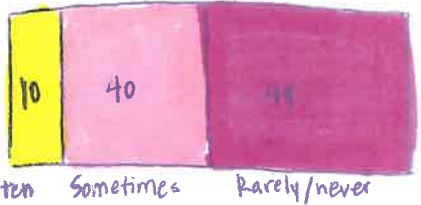
WE DESERVE THEM!



22% of High School Students have considered suicide in 2021  
 5% of Violent Acts are caused by Mental Illness  
 48% of all youth don't know where to receive mental health services

\* Note: Pie chart slices are not accurate to actual size

Frequency of Discussing Mental Health with Anyone



Vincent, Anjolie, Vishan, Craig

## ≡ What we want ≡

- People to actually prioritize mental health → rest, relax, breaks
- Be more informed
- More resources accessible for all families (intergenerational)
- Less stigma for mental health
- Take action for Mental Health now!

- Pre-existing conditions worsening

- Decreased Motivation

- Feelings of being alone/ ostracized

- Suicide rates increase

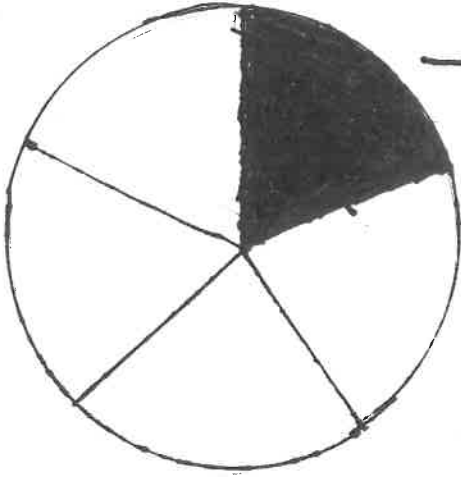
- Increased influence to crime

≡ Consequences of inaction: ≡

# Mental Health

Atwin Wu

- 7.7 million children and youth are affected by mental health issues.



— Less than 20% receive appropriate treatment.

- 1 in 5 people aged 13-18 have or will develop a mental health issue in their lifetime.
- Suicide is the fourth leading cause of death among 15-29 year-olds.

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## How to help

- Establish healthy routines; getting enough sleep, practicing mindfulness and relaxation techniques.
- Seek support from trusted friends, family members, or mental health professionals.



# MENTAL HEALTH RESOURCE PAGE

## WHAT IS MENTAL HEALTH?

Mental health refers to a person's emotional, psychological, and social well-being. It encompasses how individuals think, feel, and behave, as well as how they handle stress, relate to others, and navigate the challenges of life.

### HEALTHY COPING METHODS

- Meditation
- Regular exercise
- Prioritizing sleep
- Being positive
- Receiving therapy
- Setting realistic goals



### UNHEALTHY COPING METHODS

- Bottling your emotions
- Unhealthy eating/diets
- Unhealthy sleep schedule
- Self-harm
- Overthinking/negative thoughts
- Drug and alcohol use



## OTHER RESOURCES



For individuals that may feel the need for help, we encourage you to call a mental health hotline:

- **SF Bay Area: 415-255-3737**
- **USA: 1-800-273-8255**



### GET HELP WITH THERAPY





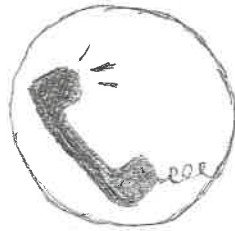
# MENTAL HEALTH

- From 5041 surveys from grade 1-12 about school attendance & mental health...:
  - 1 in 7 children met the diagnostic criteria for a mental disorder.
  - 56% of absences for children with a mental disorder were due to mental illness.
  - 17.3 was the average number of days absent for children with a mental disorder.
- US Workers:
  - 37% work productivity was impacted due to mental health issues.
  - 61% work environment contributed to mental health issue

## How Can You Help Them???

They can call:

- 988
- 1-800-950-NAMI
- 1-800-622-2255
- etc.



How to help your friends and family:

- offer support • listen without judging • Be patient
- Encourage professional help • Provide resources
- **REMINDE THEM THEY AREN'T ALONE!!!**



# Free Mental Health Clinics in San Francisco for Teens

★ San Francisco Teen Clinic (415) - 532-3870

○ 240 Shotwell St, SF, CA 94110

○ Health education, family planning, STI check, etc

★ Dimensions Youth Clinic (628) - 217-6919

○ 3850 17th St, SF, CA 94114

○ Birth control, mental health / substance abuse counseling and specialized medical services for Transgender Youth

★ Balboa Teen Center (415) - 469-4512

○ 1000 Cayuga Av 156, SF, CA 94112

○ Primary care, sports physicals, and substance abuse care

★ Cole Street Youth Clinic (415) - 751-8181

○ 555 Cole St @ Haight

○ Emergency Contraception, Birth Control Counseling,

Primary care, etc

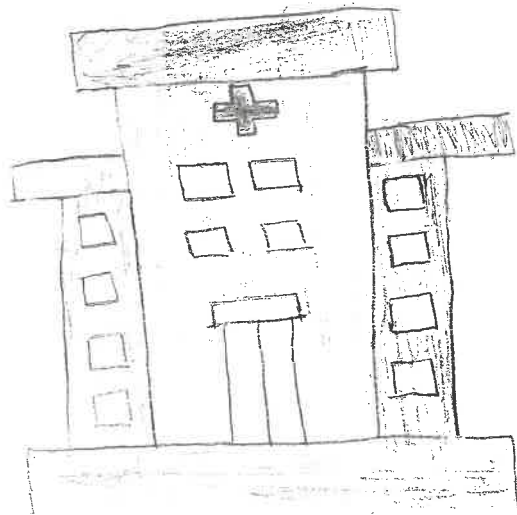
★ SF 2417 Drug Line (415) - 362-3400

★ CYC APIYFCS (Asian Pacific Islander Youth and Family Community Support Services) (415) - 475-2435

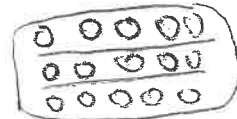
○ Multisystemic Therapy to address mental health stigma, limited access to linguistically and culturally appropriate services, and co-factors surrounding API youth and LGBTQ youth.



SAY NO TO DRUGS



LGBTQ+



↑ birth control pills

Michael He

# Resources for Further Reading on Mental Health

*Compiled by Sam and Salem*

## **General Resources:**

- Substance Abuse and Mental Health Services

Administration:

- SAMHSA is a general resource from the government that has links to hotlines and also many many articles (more academic on mental health issues).



- The Tribe:

- The Tribe offers a peer-to-peer online support group for teens dealing with mental health challenges and or complicated family dynamics.



- Society for Adolescent Health and Medicine:

- SAHM has many online resources for various mental health challenges for teens and young adults.



### **Specific Resources:**

- Anxiety and Depression Association of America:
  - ADAA offers resources to help those struggling with their mental illness, like free webinars and articles about various disorders, information on different kinds of therapy, peer-to-peer assistance, and help finding therapists.



- Eating Disorder Hope:
  - Eating Disorder Hope offers information specifically about eating disorders and treatment for eating disorders, along with different tools and resources for support.



### **Multilingual Resources:**

- This Way Up:
  - This Way Up has resources on how to deal with emotions, how to calm emotions, express yourself, and tackle problems in multiple languages.
- Camh:
  - Camh has resources on how and when to ask for help specifically for people for whom English might not be their first language.



# **Please Consider Taking the Ama-zine Mental Health Zine Post-Survey!**

Mental health affects the lives of many SFUSD youth and we would like to know how aware you are of your mental health. Mental health refers to the overall well-being and functioning of an individual's mind, emotions, and behavior, encompassing their ability to cope with everyday challenges, maintain healthy relationships, and adapt to stress and adversity.

*NOTE: This survey is intended for students who attend a SFUSD school.*



**Below are sources used for various submissions to the Ama-zine Mental Health Zine:**



“Get Help Now—Emergency Mental Health Resources”  
[psychom.net/get-help-mental-health](https://psychom.net/get-help-mental-health)



“Infographic: School attendance and mental health disorders”  
[https://www.teachermagazine.com/au\\_en/articles/infographic-school-attendance-and-mental-health-disorders](https://www.teachermagazine.com/au_en/articles/infographic-school-attendance-and-mental-health-disorders)



“The Role of Family and Friends”  
[seemescotland.org/stigma-discrimination/the-role-of-family-and-friends](http://seemescotland.org/stigma-discrimination/the-role-of-family-and-friends)



“Fact Sheet: Mental health of adolescents”  
[who.int/news-room/fact-sheets/detail/adolescent-mental-health](http://who.int/news-room/fact-sheets/detail/adolescent-mental-health)



“11 Facts About Mental Health”  
[dosomething.org/us/facts/11-facts-about-mental-health](http://dosomething.org/us/facts/11-facts-about-mental-health)



“Adolescent and School Health”  
[cdc.gov/healthyyouth/mental-health/index.htm](http://cdc.gov/healthyyouth/mental-health/index.htm)



“Fact Sheet: Suicide”  
[who.int/news-room/fact-sheets/detail/suicide](http://who.int/news-room/fact-sheets/detail/suicide)


# SUMMER 2023 MOJO MEMBERS

Amy	Ryan	Gary
Aywin	Stephanie L.	Stephanie H.
Chi Chun	Sabrina	Anjolie
Ella	Salem	Vivian
Iris	Sam	Victor
John	Xiaolin	Vincent
Laura	Simon	Nicole
Michael	Wayland	Rita
Rich	Claire	Terrence
Ruyi	Edwin	

## SPECIAL THANKS TO

meesh  
Fei  
Emily M.

Emily X.  
Billy  
Cynthia

Special thanks to my best friend Zurisadai Astacio for pulling an all-nighter with me to make the cover  Mojo and I love you!!

– Amy

## **ABOUT CPA**

Founded in 1972, the Chinese Progressive Association (CPA) educates, organizes and empowers the low-income and working-class immigrant Chinese community in San Francisco to build collective power with other oppressed communities to demand better living and working conditions and justice for all people.

## **ABOUT MOJO**

In 2009, youth leaders within CPA founded Youth Movement of Justice and Organizing (MOJO). Youth MOJO is a leadership development program meant to empower and mobilize high-school aged youth, with a focus on low-income Chinese Americans. Youth MOJO leaders have worked on social issues affecting them and their families, fighting for improved access to healthcare, immigration and workers' rights.

Youth MOJO supports high schoolers as they develop and strengthen their leadership, public speaking, communication, advocacy and organizing skills. Youth MOJO meets weekly during the school year and offers summer programming.

*Scan the QR code to sign up for MOJO! →*





Even against a backdrop of hate

Generations of Activists  
have fought against  
oppression and injustice

They paved the way but  
the work isn't over

now it's up to our  
communities

stand up fight back

\*AMA-ZINE  
MENTAL HEALTH