

CONTRA COSTA: APISA

Impact of Cultural Expectations on Wellness

BY MATTHEW EMBRY

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Who Am I?

COM Counseling Intern

Bay Area Native

First-Gen Student

Lakers fan on the low



MATTHEW EMBRY

CIPHER

Community College Alum

SFSU Graduate Student

Filipino-American

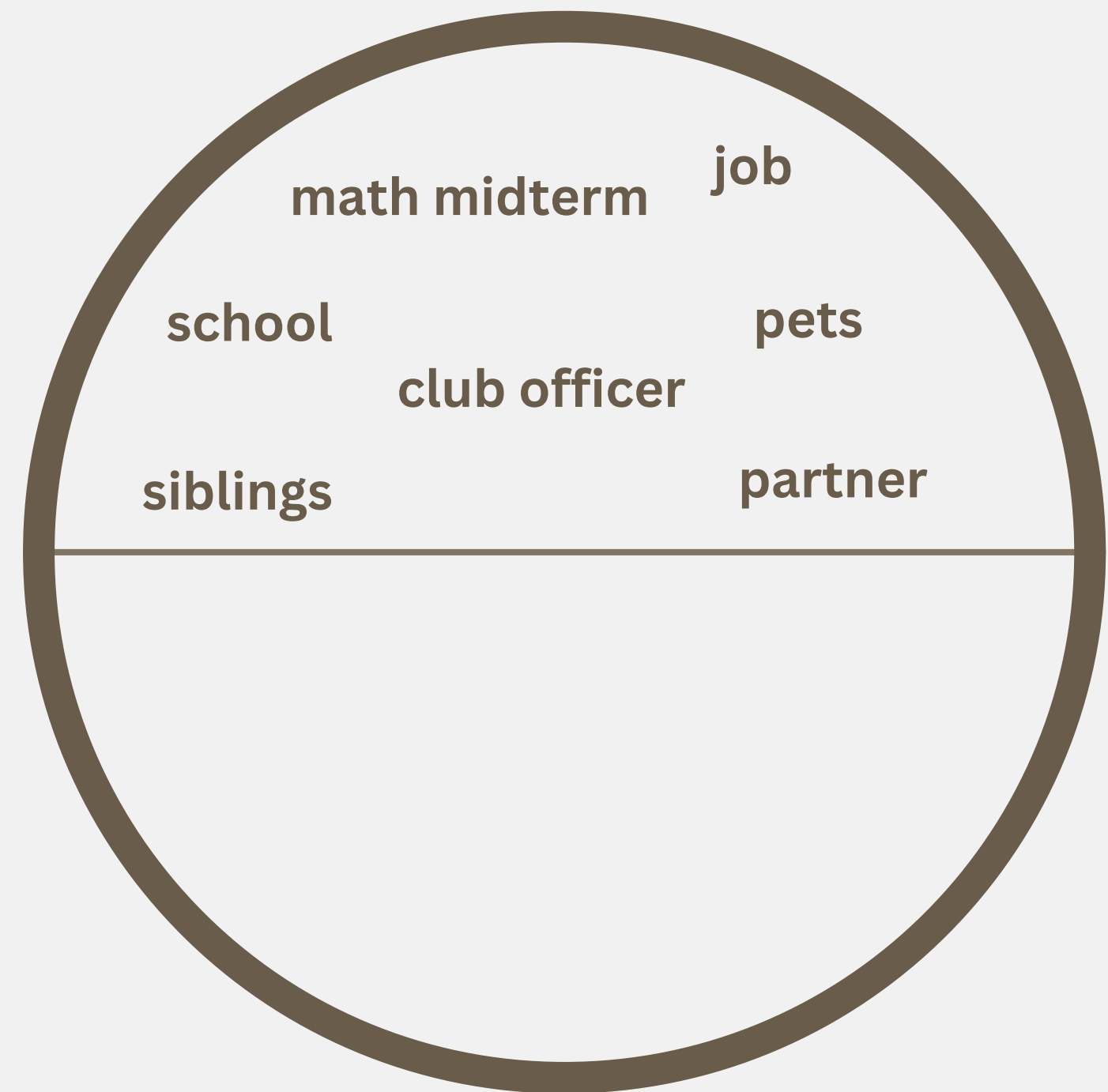
Introductions

- Name
- Pronouns
- In one word or phrase, how are you feeling this semester?



What's On Your Plate?

THINK ABOUT ALL
THE DIFFERENT
RESPONSIBILITIES,
PRIORITIES, AND
COMMITMENTS YOU
HAVE RIGHT NOW.





#1 priority on your plate?



Cultural Pressures & Expectations

ACADEMIC
ACHIEVEMENT

FAMILY
LOYALTY

CAREER
CHOICE

MAINTAINING
TRADITION(S)

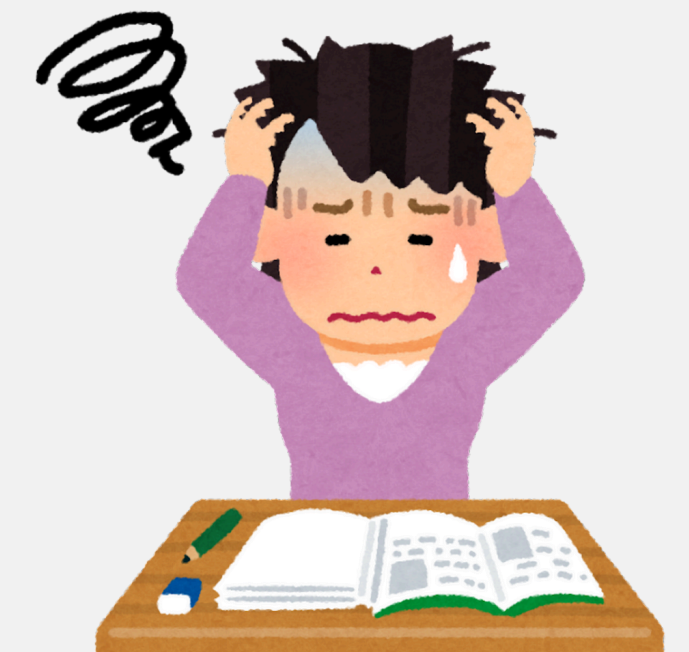
GENDER
ROLES

RELIGIOUS
VALUES

RESILIENCE



WHAT CULTURAL OR FAMILIAL EXPECTATIONS OR PRESSURES ARE ON YOUR PLATE?





**Which priorities &
expectations overlap?**

Impact of a Heavy Plate

GUILT

**SUPPRESSION
OF EMOTIONS**

STRESS

**LOW SELF
ESTEEM**

**IDENTITY
CONFLICT**



Strategies

Maintaining Healthy Boundaries

Small Acts of Self-Care

Give Yourself Grace

Clarify Personal Values

Create a Wellness Plan

Discuss Emotions With Others



Conversation Tips

- **ACKNOWLEDGING THEIR PERSPECTIVE:** *“I know mental health isn’t something our family talks about a lot”*
- **CONNECT MENTAL HEALTH TO CULTURAL VALUES:** *“Taking care of my mental health helps me focus better in school/work and be more present for my family”*
- **FRAMING IT AS STRESS OR WELL-BEING:** *Instead of “depression” or “anxiety”, use words like “stress” or “energy”*
- **USE RESPECTFUL LANGUAGE**
- **EDUCATE & PROVIDE RESOURCES**



Reflection & Action



**What do you wish your
professor or family
knew about you?**

**One step you will take
to help balance or
create conversation
around wellness &
expectations**



**Thank you &
Vote!**

