

MARCH 2023



CROSS CULTURAL EXPRESSIONS NEWSLETTER

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MARCH IS

Self-Harm
Awareness Month



WHAT'S GOING ON AT CCE?

CCE x Geffen Playhouse Big Fundraising Event

Cross Cultural Expressions has partnered with the Geffen Playhouse for a big fundraising event - the west coast premiere of *The First Deep Breath*, a ferocious new epic written by the brilliant Lee Edward Colston II.

Our CCE community has the opportunity to see this thought-provoking play while helping us raise money for CCE. The play will be running for a period of 6 weeks and the last show takes place on **March 5**. During the run of this play any ticket purchased using the code **CCERSDB** will mean that CCE will receive 20% of the sale.

To purchase a ticket, please go to geffenplayhouse.org and click "The First Deep Breath" under "Show and Tickets". We hope to see you there!

In Need of Therapy Services?

If you are in need of therapy services, we have some good news for you! CCE currently has immediate openings for sliding scale therapy services with our interns. Sessions can be as low as \$15/session for qualifying individuals. Our intern therapists have a language capacity for English, Farsi, and Arabic and can work with individuals, couples, and families of all ages.

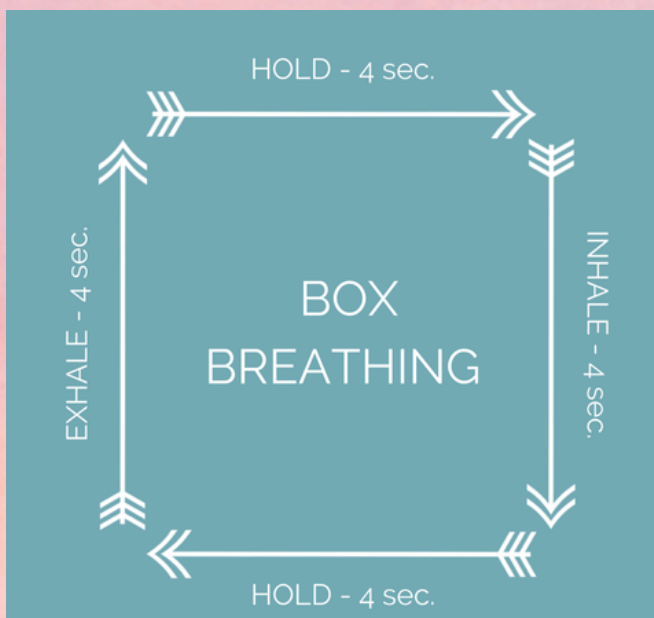
If you are interested, please contact us at 818-860-1223 or connectwithcce@gmail.com.

THE POWER OF MINDFULNESS

Jon Kabat-Zinn, one of the biggest contributors to contemporary mindfulness, describes mindfulness as “paying attention in a particular way: on purpose, in the present moment and non-judgmentally.” To elaborate on Kabat-Zinn's definition, mindfulness is a meditation practice that starts with attention to breath in order to focus on the here and now. The ultimate goal is to give you enough distance from disturbing thoughts and emotions to be able to observe them without immediately reacting to them.

Mindfulness is about being fully engaged with the present moment. It involves reconnecting with your immediate experience – the sensations in your body, the sounds, smells, sights, tastes, and feel of the world around you. It can be as simple as noticing the ground beneath you when you walk or the feel of the water against your skin when you shower. The simplicity of mindfulness comes with many benefits, including: decreased depression, increased emotional regulation, reduced anxiety and stress, better memory, cognitive improvements, stronger relationships, and better physical health.

A simple way to practice mindfulness is through box breathing (see image below). You might find that when you start practicing mindfulness your thoughts will get feel a bit chaotic. That's perfectly fine and a typical response. Your brain has been doing what it does your entire life and it may take some convincing to be still. When you find your mind wandering, bring yourself back to the moment and back to your breathing. Remember, your brain is wilful and strong. It will take time, but you will find that, with practice, it will get easier.

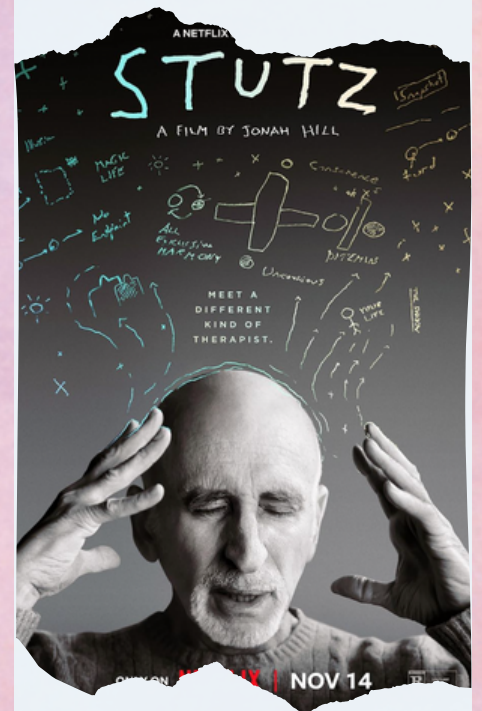


FILM OF THE MONTH



Stutz

Streaming on Netflix



In candid conversations with actor Jonah Hill, leading psychiatrist Phil Stutz explores his early life experiences and unique, visual model of therapy. The film beautifully frames Stutz' tools and the journey toward mental health in a manner that's accessible to anyone -- whether or not they are actively seeking help.

MENTAL HEALTH HERO OF THE MONTH: SHAWN MENDES

24-year-old pop star, Shawn Mendes, has been on quite the journey since he canceled his tour last summer. He recently opened up to The Wall Street Journal about his mental health struggles that ultimately led to his tour cancellation, stating "It has become clear that I need to take the time I've never taken personally, to ground myself and come back stronger." Mendes shared that therapy has been the most eye-opening, beautiful, and healing process of his life. He also emphasized the power, and occasional discomfort, that comes with setting boundaries. Understanding that boundary-setting doesn't make him unkind, but actually makes it so that his personal and professional relationships can flourish was an imperative step in his self-healing journey.

While the art and music celebrities create are meant to be given to and shared with the world, they're entitled to keep their personal lives and privacy for themselves. Mendes displayed courage when he chose to share his personal struggles with mental health in hopes of inspiring his millions of young fans to prioritize mental wellness. His bravado has earned him a spot as CCE's Mental Health Hero of the Month!

"Understanding how setting boundaries does not make you an unkind person has really changed my life"

SHAWN MENDES



YARAN IRANIAN PEER COUNSELING HELPLINE

A program of Cross Cultural Expressions

Our trained volunteer peer counselors provide free and confidential supportive and referral services for Persian (Farsi) speaking community

Contact us if you're in need of:

Information/Referral Services

Support with Family Issues

Support with Mental and Emotional Health

Speak with one of our peer counselors via our telephone helpline:

(818) 332-7999