

Native Hawaiians Pacific Islanders & Wellness



COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery

This resource was created by us, for us.

We know information about mental health can be confusing. This booklet is meant to begin introducing mental health topics, like wellness, and how it applies to your overall health.



What is Emotional Wellness?

Emotional wellness is the ability to successfully handle life's stresses, adapt to change and difficult times.

How you feel can affect your relationships, ability to carry out everyday activities, or your spirituality and overall physical health



Learn healthy ways to help you through difficult times on the next page. Write down some ideas you'd like to try below.



Improve your emotional health to cope better during difficult times

Build resilience



- Practice gratitude.
- Look at problems from different angles.
- Take time for yourself each day.

Reduce stress



- Exercise regularly.
- Set priorities.
- Try relaxation methods like meditation, prayer, or yoga.

Get quality sleep



- Limit the use of electronics.
- Go to bed and get up each day at the same time.

Strengthen social connections



- Volunteer for things you care about.
- Share good habits with family and friends.

Cope with loss



- Talk to a friend.
- Be patient. Mourning takes time.
- Try not to make any major changes right away.

Be mindful



- Be aware of the present moment.
- Notice the sights around you.
- Observe how your body feels.

Wellness in my community

Our community already uses wellness techniques in traditional healing practices. Native Hawaiian healers use the techniques below to help a patient back into balance/harmony. These examples show how we already incorporate wellness in our culture.



LA'AU LAPA'AU

(plant based healing)



LOMILOMI

(massage)



HO'OPONOPONO

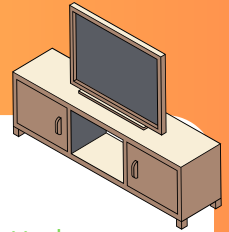
(conflict resolution)



LA'AU KAHEA

(prayer)

Videos on mental health and wellness



A glimpse into mental health: Rua's story

www.youtube.com/watch?v=P0AW9IBZ2Rw

Rua tells his story of story of hope and perseverance. He has experienced great loss and mental health issues, but he's found helping other men open up about their own struggles is therapeutic not just for them, but himself too.

Tackling men's mental health

www.youtube.com/watch?v=3rRZtqSV5M4

Isoa has begun his health journey after dealing with depression, burnout, and anxiety. Wrestling champ Simi "The Rogue General" Fale, is helping Isoa with his weight loss goals and highlights the connection between physical and mental health.

Porirua group is night-riding their way to better health

<https://binged.it/3GfB6Ht>

Another great way to incorporate wellness into daily activities is to exercise. This Porirua group is not only biking for better health but also enhancing strong community bonds at the same time. This is a great example of how we can practice wellness.

Mental health talanoa

<http://bit.ly/40KtnJN>

Mental health can be a taboo topic and difficult to talk about. This talanoa with community leaders, Mike King and Dr Jemaima Tiatia-Seath helps open up this topic and highlights the importance of staying mentally healthy.

What is self-compassion?

Self-compassion is...

being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, instead of ignoring our pain or criticizing ourselves.

not getting caught up and swept away by negative reactions.

accepting the reality that you can't always be or get what you want.

recognizing that being imperfect, failing, suffering, and experiencing difficulties is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.

"With self-compassion, we give ourselves the same kindness and care we'd give to a good friend."

~Kristin Neff

To learn more, go to self-compassion.org

Self-compassion exercise

1. Think about times when a close friend feels really bad or is really struggling. **How would you respond to your friend in this situation?** Write down what you typically do or say to them.

2. Now think about times when you feel bad about yourself or are struggling. **How do you typically respond to yourself in these situations?** Write down what you typically do or say to yourself.

3. **Did you notice a difference?** If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others so differently?

4. **How do you think things might change if you responded to yourself in the same way** you would respond to a close friend.



Why not try treating yourself like a good friend and see what happens?

Connect with community

View the resources below for more ways to learn about wellness. You can also access local resources on the back cover of this booklet.

Talanoa with us

<https://forms.gle/Hs3QOG1PioETInK68>

Come talanoa with us and share ideas. Meet mentors and talk with other PI youth about anything. We will be meeting every last Thursday of the month at 6:00pm. We will be focusing on getting to know each other and choosing topics for discussion.

Pacific Islanders of Santa Clara County

[@pacificislandersofsantaclaracounty](#)

This is the Facebook page for an initiative based out of One East Palo Alto. Their goal is to increase Native Hawaiian and Pacific Islander knowledge of various health and wellness topics. The Portraits episodes interview local NHPI to begin conversations.

Essence of Mana

[@essence of mana](#)

This program aims to increase awareness of mental health issues, reduce stigma and create access to care and services among the Pacific Islander population, with a particular focus on Samoans and Tongans, in San Mateo County.

National Queer Asian Pacific Islander Alliance

www.nqapia.org/copy-of-what-we-do-1

Access the "Coming Out as LGBTQ Asian and Pacific Islander Americans" resource guide which helps aid LGBTQ API Americans in navigating challenges when coming out. Also available is the "Family Is Still Family" fact sheet.

Mahalo
Fa'afetai



Malo
Vinaka

MAURUURU

Ngā mihi

SANTA CLARA COUNTY

BEHAVIORAL HEALTH RESOURCES

Services are available for all ages and in other languages unless noted.

Suicide & Crisis Lifeline

988*

*For area codes other than 408, 650, and 669: (800) 704-0900, press 1

Free, 24/7 support for anyone experiencing mental health distress, including:

- thoughts of suicide
- mental health or substance use crisis
- just need to talk

Trained counselors will provide compassionate support to individuals in crisis. Speak to a clinician who can screen and assess crisis situations over the phone and intervene wherever the crisis is occurring. The lifeline is anonymous and confidential: information will not be shared unless in-person services are needed. Services may or may not involve law enforcement in emergencies.

Mental Health & Substance Use Services Call Center

(800) 704-0900

Free, 24/7 access to County services, including:

- specialty mental health
- substance use treatment or prevention
- support for survivors of suicide
- general information, grievances, and appeals

Trained and licensed mental health and substance use treatment services professionals will provide support. Referrals for Assisted Outpatient Treatment are available.

Crisis Text Line

Text **RENEW** to **741741** (English only)

Envía **COMUNIDAD** a **741741** (Spanish only)

Free, 24/7 crisis support via text message.

Crisis Intervention Team (CIT) Officer

911

In emergency situations, ask for a C.I.T. officer trained in mental health issues.

Follow us on Facebook: @cscbehavioralhealth

Follow us on Instagram: @cscbehavioralhealth

Follow us on Youtube: @behavioralhealth

Email: SuicidePrevention@hhs.sccgov.org

Website: www.sccbhsd.org/suicideprevention



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