Achieving Success & Balance in the Modern Day

Chinese Health Initiative
February 26, 2015
“Did You Know”

Student created video from the teen perspective
created by
Taeoh Choe & Nick Wong
Adolescent Development
Steven Sust, MD
Ba Gua’s Resemblance to Wellness Wheel

The Ba Gua, or Bagua, is a diagram used in Chinese philosophy and feng shui. The diagram is divided into eight trigrams, each representing different aspects of life such as fire, water, wood, metal, earth, wind, thunder, and water. These trigrams are organized in a hexagram, which is then used to map various aspects of life, including health, career, relationships, and more.

The Wellness Wheel, on the other hand, is a model of wellness that includes five domains: physical, social, emotional, intellectual, and spiritual. Each domain is further divided into specific aspects such as physical health, social support, emotional balance, intellectual engagement, and spiritual well-being.

The diagram shows how the Ba Gua can be used to understand and balance different aspects of one’s life, similar to how the Wellness Wheel helps in identifying and strengthening areas of well-being. This can be a useful tool for individuals seeking to improve their overall health and balance in their lives.
Teen Development

• Developing Self-identity
• Easily influenced by peer pressure
• Challenging authority
• Sexual maturity and confusion
• Emotional instability, impulsiveness
• Argumentative, expressive
• Self centered
Common Social Stressors

- Social Media
- Perfectionist (Academics)
- Peer Comparisons
- Bullying
- Acculturation Differences
The Stress Bucket

Modified from picture found on [youthspace](#)
How Stress Affects Teens

- 40% of teens report feeling irritable or angry
- 36% nervous or anxious
- 33% say stress makes them feel overwhelmed, depressed or sad.
- Teen girls are more stressed than boys, just as women nationally are more stressed than men.

Because of Stress...

- 40% - neglected responsibilities at home
- 21% - neglected work or school
- 32% - experience headaches
- 26% - changes in sleeping habits
- 59% - time management to balance all activities is a somewhat or very significant stressor

Stress in America survey, American Psychological Association.
Common signs of distress in teens

- Feeling overwhelmed
- Grades Dropping
- Saying they’re stressed
- Withdrawal from others/interests
- Change in sleep/appetite, no energy
- Low self-esteem and emotionally sensitive
- Change in appearance and hygiene
- Sad, lonely, hopeless, depressed
- Excessive anxiety/panic
- Excessive irritability, anger
Parent-Child Relationship and Communication

Peggy Kwok, LMFT
What do our children need to survive and thrive in college?

Qualities for success in college

• Resiliency towards set-backs and change
• Independent Thinking
• Critical Thinking
• Passion to Pursue one’s Dream
• Courage and Curiosity to Explore
How to talk to your children?

Common Family Communication Modes

- Information Exchange
- Reasoning/Lecturing
- Emotionally Expressive
- Criticizing
What can get in the way of Effective Communication?

Common Barriers to Communications

- Making assumption
- Generation gap / cultural gap
- Only discuss what one party considers important
- Prohibit expression of emotions
- Comparison
Think of a recent conversation—Focus on your experience only

- Did I understand my child’s experience? And how much of it was based on my assumption or my past experience?
- How may my cultural backgrounds/values influence my views? How may they conflict with my child’s?
- Did I hear what was important to another person? Or was I more concerned about getting my point across?
- Did I welcome and encourage feelings to be talked about?
- Did I focus on one’s personal development/success or did I make a comparison to someone?
ABC Theory
(Rational Emotive Behavioral Therapy, Albert Ellis, PhD)

A
Activating events

B
Belief system

C
Behavioral Consequences

Culture
Beliefs/Values
Understand Yourself

Example:

A
My Child does not agree with me

B
Defiant, disrespectful

C
Behaviors: scolding, shaming, comparing
Emotion: upset; angry; worried; failure
How to improve our relationship?

- Empathy vs. Sympathy
- Accept vs. Agree
- Have daily check in time
- Take care of your own unmet needs
Five Love Languages

- Words of Affirmation
- Quality Time
- Giving/Receiving Gifts
- Acts of Service
- Physical Touch

Dr. Gary Chapman
Parent/Child Relationship - Parents in Transition

• Help adolescents develop a sense of self
• Grant autonomy as appropriate
• Indulge the idealism
• Transform to a Role of Consultant
• Invite mixed feelings

By Gordon Neufeld, PhD
Think of a recent interaction

• What was the objective(s) of your conversation?
• What was the content of your conversation?
• Who are the focus of the conversation?
• How long was the conversation? Per day? Per week?
• How much of the time do you spend on talking? And on listening?
• What are the possible feelings evoked in you and your child during the conversation? Did you talk about it?
Knowing When to Ask for Help
Douglas Fong, LMFT
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Encourage Self-Help and Other Support Strategies

- Physically activity - Exercise/Yoga/Sports
- Music
- Meditation/Church
- Family Outings
- Other activities that interest your child
- Helping others
- Connecting with others
- Getting enough sleep
- Eating right
Encourage Appropriate Professional Help

High School:
• School Counselor
• Safety Advocate
• Confidential

Outside of School:
• Primary Care Physician
• Psychiatrist
• Counselor/Therapist
• Crisis Hotlines/Services
• Chinese Outreach Worker

College:
• Student Health Center
Resources

- San Mateo County
  - Ask you insurance plan for a list of mental health providers
  - 24/7 Child and Teen Hotline (parents, educators, youth)  
    650-567-KIDS (5437)
  - Behavioral Health and Recovery Services ACCESS Call Center: 800-686-0101
  - Chinese Outreach Worker for monolingual speakers - Sunny Choi  
    Phone: (650) 573-2403  email: c_sjchoi@smcgov.org

- Mental Health Services (www.smchealth/mh)
- Mental Health Emergency (www.smchealth.org/MH911)
- 24/7 Crisis-Suicide hotline: 650-579-0350
Additional Resources

- www.reachout.com
- Text
  - Crisis Text Line -Text LISTEN to 741-741, (www.crisistextline.org)
- Call/Text/Email: www.teenlineonline.org
- 24/7 Chat: www.suicidepreventionlifeline.org
- Health Centers on college campuses
Encourage Self Help and Getting Help & Support

Emotional well-being is critically important to success and balance in life.

– Attention
– Focus & Concentration
– Motivation
– Learning and Performance
– Sooner is better
Brief 3 Minute Break

To write down or think about any questions you would like to ask the panelists in our Q&A session.

- May submit questions anonymously
Q&A
Please Complete Evaluation

We need your feedback

• Was this session helpful?
• What would you like to know more about?
• How can Mills High School continue to support parents and students?
• Online Survey: http://tinyurl.com/lgosfmo

Immediately following:
Reception in Theatre Lobby
Meet the Presenters