



CULTURAL ISSUES

Cultural identity is integral to an individual's sense of self, and experiences of mental health may be influenced by cultural factors. Immigrants and individuals from diverse cultural backgrounds may face unique stressors related to acculturation and discrimination, which can impact mental health. Addressing cultural issues in mental health requires an inclusive and culturally sensitive approach.

Cultural attitudes and beliefs about mental health can influence stigma surrounding mental illness. In some cultures, mental health issues may be perceived as a sign of weakness or personal failing, leading to reluctance in seeking help and social isolation. Cultural beliefs about the causes of mental illness can also shape how symptoms are understood and addressed.



CULTURALLY SENSITIVE TREATMENT

Cognitive Behavioral Therapy (CBT): CBT can help you identify and change negative thought patterns and behaviors that contribute to emotional distress and beliefs about yourself.

Schema-Focused Therapy: This approach addresses deep-seated negative beliefs and patterns from your childhood, influenced by your cultural values and experiences, that underlie your mental health symptoms and helps you develop more adaptive coping strategies.



CULTURE AND MENTAL HEALTH

Emotional expressivity is the extent to which an individual displays, expresses and communicates emotional states through verbal and non-verbal ways.

Asian cultures tend to prioritize social harmony, collective identity, and self-control. In these cultures, emotional expressivity is often more subdued and regulated. Suppressing emotional displays in public is considered more appropriate and respectful.



For families with low emotional expressivity, individuals tend to be more hesitant to talk about their emotions, or even have difficulties identifying how they feel.

Relationship with anger: For individuals who grew up in environments where emotions are not talked about, they are unlikely to have learnt emotion regulation skills. Without an awareness of how to effectively regulate one's anger, anger tends to either:

(a) be suppressed in an unhealthy manner. Repressed or suppressed anger, where individuals deny, dismiss, or avoid their anger, can also impact mental health negatively. Unresolved anger that is not appropriately addressed may lead to feelings of resentment, bitterness, and increased psychological distress.

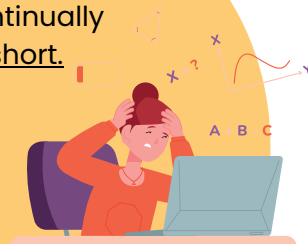
(b) arise in unhelpful coping mechanisms through aggression, violence, or self destructive tendencies. Frequent outbursts of anger, chronic hostility, or unresolved anger can contribute to stress, relationship difficulties, and even physical health problems.



Unrelenting standards refer to excessively high or perfectionistic expectations that individuals set for themselves in various areas of life, such as work, relationships, or personal achievements. These standards are often rigid, inflexible, and unrealistic, leading individuals to continually strive for perfection and experiencing distress when they perceive themselves as falling short.

Individuals typically develop unrelenting standards if they grew up in families where:

- One or both parents had unrelenting standards of themselves
- There was an emphasis on academic achievement, or focus on material possessions and ideas of success
- Love/attention was withdrawn if you did not achieve a certain level of achievement, or love/attention was given only when you achieved something (e.g. good grades, successful career)



Remember, this fact sheet is for informational purposes only and not a replacement for professional psychological advice. Always consult a qualified healthcare provider for personalized guidance and treatment options.