

# Stress and Resilience

Joana Perez MA, NCC



# About me:

Paracho Michoacán México

Oldest of four sisters

Masters of Mental Health Counseling

East TN Sexual Assault Center





# GROUP PARTICIPATION

Be respectful and flexible

Be aware of time

It is better to ask than to leave with doubts



# POTENTIAL TOPICS OF DISCUSSION

Cultural implications

Phraseology: Common Terms and Meaning

Long and short term practices

How to increase self-awareness

Individual and group practices

The cultural stigma around mental health

Internal and external factors



# OPEN DISCUSSION

