

OCA & FCC PRESENT:

# *Asian American in 2018*

IDENTITY · CHALLENGES · OPPORTUNITIES



## *Under Pressure:*

### *Exploring Stress & Unhealthy Expectations*

#### **Workshop for Tweens/Teens**

“Stress”, “anxiety”, and “depression” are terms we frequently throw around in everyday conversation – but what does it really mean to go through them? How can we open up positive discussions about mental health in communities where this topic is often stigmatized? In this workshop, tweens/teens will be able to further explore healthy ways to manage stress, engage in different tools and resources for support, and how to be a supportive pillar to friends and peers.



#### **Tammy Cheng**

Teen Resource Center

Tammy is a health educator at the Charles B. Wang Community Health Center. She is dedicated to supporting her community through creating safe spaces to empower youth. Her motto is: “Educate!

Engage! Empower!”



#### **Yuan Wang**

Teen Resource Center

Yuan is a teen health educator at the Charles B. Wang Community Health Center. They are passionate with learning about health, language, and other forms of justice. In their free time, they enjoy watching anime and playing guitar with friends.