Compartiendo el Café y Chocolate

WORKSHOP LEADER GUIDE

Compartiendo el Café y Chocolate is a public service workshop program supported by Elevance Health, and Pfizer, Inc., and was created by Venus Ginés, M.A. P/CHWI, President/Founder, Día de la Mujer Latina, Inc.
# Workshop Leader Guide

## WORKSHOP LEADER GUIDE

### INTRODUCTION

- You Can Do This!  
- What is Compartiendo el Café y Chocolate (CCC)?  
- Mental Health First Aid  
- About the Compartiendo el Café y Chocolate Workshops  
- Who’s Our Public?  
- Class Size  
- Materials and Equipment  
- Workshop Schedule  
- How to Organize the Room  
- Instructor Notes and Glossary Icons

### ABOUT THE WORKSHOP

- Common Themes  
- Resources  
- Understanding the Resources  
- Lists of Resources  
- References

### SESSION 1: MY COMMUNITY

- Slide 1 of 18  
- Slide 2 of 18  
- Slide 3 of 18  
- Slide 4 of 18  
- Slide 5 of 18  
- Slide 6 of 18  
- Slide 7 of 18

### COMMUNITY+BODY+MIND+SPIRIT=OUR HEALTH

- Learning About Emotional Well-Being and Stress
Introduction

You Can Do This!

You are taking the first step towards healing in your community. Thank you. You will be playing an important role. Use the Primer to discuss Compartiendo el Café y Chocolate (CCC) with community groups that want to hold workshops and lead conversations with small groups about how stress affects our daily life.

The Primer will disclose how the Ubuntu Program for Emotional Wellness was adapted for the Latino community.

Leading a CCC workshop does not require long periods of study. Easy-to-follow guidelines, materials, and group activities are provided for each topic. You will not have to "stress" on what to teach next.

You can lead a CCC workshop by simply following the detailed and easy-to-use instructions.

Be open to facilitating CCC conversations [workshops] many times! You can adapt this guide to your community's unique needs.

DISCLAIMER: Keep in mind that talking about stress and trauma can generate strong feelings in individual participants. Be prepared with the names of local mental health providers and community resources to provide participants who are in distress.

What is Compartiendo el Café y Chocolate (CCC)?

Stress, or as we commonly call it in English, "the blues," is common in our daily lives. We will share our experiences through a warm and welcoming conversation regarding stress in the Latino community by telling stories. To achieve individual well-being and healthy communities, we learn from each other by sharing experiences.

These stories and shared experiences offer explanations of everyday events that can cause stress in our lives, as well as more difficult events, such as family conflicts, diseases, violence in the community, or experiences of stress based on race and/or ethnic, social and economic status, etc. This framework of storytelling is used to teach community morality and to provide people with a sense of individual and collective identity. Humor is an important component of stories that are entertaining and instructive.

Mental Health First Aid

Although it is not necessary to be a social worker or a counselor to run the CCC workshops, you may be interested in understanding the problems related to mental health.
Mental Health First Aid is a resource you can use to evaluate people who may be in a mental health crisis.

Just as cardiopulmonary resuscitation helps a person who has a heart attack, psychological mental health aid helps someone who is dealing with issues related to a mental health crisis or substance abuse. In the course, you learn the risk factors and warning signs for mental health problems and addictions, strategies on how to help someone in crisis situations and situations that are not crisis, and where to seek help.

Before leading your first CCC workshop, visit the mental health help: http://www.mentalhealthfirstaid.org/cs/take-a-course/WORKSHOP OVERVIEW.

**About the Compartiendo el Café y Chocolate Workshops**

There are two main objectives of CCC workshops:

1. The first objective is to help participants understand how stress affects the community, the body, the mind, and the spirit. These workshops focus on specific attention to the unique stressors that communities face. Stress is sometimes the primary cause of many different types of physical illnesses, mental health problems, problems within communities, and may cause a decline in our spirituality. However, if participants are aware of how stress can affect them negatively, they can consider different ways of coping with stress, leading to healthier and happier lives.

2. The second objective is to help participants understand that they are not alone in the experience of stress. Health comes through a healthy community. These workshops will connect participants through shared stories, allowing participants to share their experiences, learn, and set goals to deal with stress in various ways.

**Who’s Our Audience?**

This workshop is designed for all Latinos who are currently experiencing stress, who want to learn different healthy ways to cope with stress, or those who want more education about stress. This workshop has been designed for all levels of education.
Class Size

When someone wants the opportunity to learn, we will never turn anyone away. However, because this workshop requires the participation of your audience, try to keep the class size between 7 and 9 participants so that everyone can speak if they wish.

Materials and Equipment

The visual aids for this workshop consist of PowerPoint slides; therefore, you will need a computer, tablet, or laptop to download pre-sessions. You will need a projection screen. You will need a projector that is compatible with your computer, tablet, or laptop so that the PowerPoint image can be transmitted to the projector screen. You will also need appropriate cables to connect the projector to your computer, tablet, or laptop. You may also need an extension cord to connect your equipment to an electrical source.

It can be useful to provide participants with writing paper and pens or pencils so they can take notes.

It may also be useful to have a blackboard with dry-erase markers and an eraser or flipchart with markers so you can jot down participants' answers, thoughts, and ideas.

All the equipment must be placed in the room, for the instructors to check it, at least one hour before the start of the workshop.

Record attendance sheets so that your organization can track all those who participated in your workshop. Do not forget to pass this both at the beginning of the class and at the end of the class to document participants who have arrived late.

Evaluation sheets so that your participants can express how well the leader has instructed them and whether or not the leader helped them. It is best to pass the evaluation immediately after the conclusion of the workshop.

Make copies of the slide called "Resources" so that participants can request assistance/information from any of the organizations mentioned.

Workshop Schedule

There is a total of four sessions, all equivalent to a 4-hour workshop which leaves time for participants to share their experiences. Session 1 is related to stress and the community, session 2 is related to stress and the body, and session 3 is related to stress and the mind. Finally, session 4 is related to stress and spirituality.

Each session of CCC is approximately 50 minutes, including the discussion.
The workshop series has been created so that the individual workshops can be taught separately or together. Therefore, the workshop schedule will be determined by you. If you are going to organize a general workshop, prepare the participants for a workshop that will last 4 hours.

If you choose to organize individual class sessions, make sure that the participants know the dates and times of the following classes before your departure.

**How to Organize the Room**

Because it is a workshop where there is participation, it may be better if the chairs are organized in a semicircular format with the chairs facing the projector screen.

**Instructor Notes and Glossary Icons**

The following notes refer to the slides in the PowerPoint presentation.

The suggested actions and the script for the instructor can be found in the notes section of each slide.

References to the number of PowerPoint slides are also included in most modules, as well as instructions on when and how to use the exercises or stories.

Use these materials as you prepare for your session to guide you during the workshop session/workshop.
ABOUT THE WORKSHOP

Common Themes

- The workshop can be provided in a day or a series of individual sessions; however, there may be some slides that will offer an opportunity for further discussion, so be amenable to such changes.

- In all sessions, slide 1 represents the "cover page" of each slide with the name of the individual session.

- In all sessions, slide 2 ("Why we are here") provides an explanation of CCC and how it will be used during the session.

- In all sessions, slide 3 begins the individual story of each session of the workshop. For all shared stories, the facilitator is expected to involve the participants in the discussions regarding their personal experiences, experiences they may have acquired from others, or comments regarding the oral experiences of their fellow participants.

Resources

- There is a list of important resources at the end of most sessions that may be beneficial for the participants. These will be handouts in both English and Spanish.

- It is recommended to make copies of the "Resources" slide and provide them to the participants at the end of the workshop.

- It is noteworthy that the list of resources that are attached to the conclusion of the PowerPoint are all the same. Therefore, if you are organizing a 4-hour session, only one copy of the resource list is needed. At the end of most sections of the facilitator's manual, there is a list of the resources provided in the PowerPoint presentations. It has been compiled and placed on a sheet. You can make copies of this list to provide the participants. Always feel free to add the resources of your local community to this list so that your participants can access local assistance.
Understanding the Resources

- American Psychiatric Association: (703) 907-7300 / www.psychiatry.org. This resource provides general information about different psychiatric disorders and substance abuse. It will also help one find a Psychiatrist within their local community.

- Center for Disease Control and Prevention: (800) 232-4636 / https://www.cdc.gov/. This resource provides information on emerging diseases, strategies for a healthy life, and general information on emergency preparedness.

- Depression and Bipolar Support Alliance (DBSA): (800) 826-3632 / http://www.dbsalliance.org. This resource provides general information related to depression and bipolar diagnoses. This resource also helps you find professional mental health services and support groups within your local community.

- International Foundation for Research and Education on Depression: http://www.ifred.org. This resource provides general information about grief and depression. This resource also helps locate suicide hotline assistance, mental health support, peer group support, and volunteer events within your local community.

- Lee Thompson Young Foundation: http://www.leethompsonyoungfoundation.org. This resource provides education on mental health and well-being to children, teachers, parents, and community leaders. This resource also helps locate more mental health resources within your community.

- Mental Health America: (800) 969-6642 / http://www.mentalhealthamerica.net/african-american-mental-health. This resource works nationally and locally to raise awareness of mental health and mental health services, particularly for people of color, by providing research, statistics, and general information. This resource also helps locate where mental health exams can be found, as well as local professional services.

- Mental Health First Aid: https://www.mentalhealthfirstaid.org/cs/about/. This resource provides training for professionals and non-professionals to help someone who may be experiencing a mental health crisis or dealing with issues related to the use of substances. This resource also allows to know the risk factors and warning signs of mental health problems and addiction, strategies on how to help someone in crisis situations as well as in situations that are not crisis, and where to seek help.

- National Institute of Mental Health: (866) 615-6464 / www.nimh.nih.gov. This resource provides information and research on different mental health diagnoses.

- Office of Minority Health: (800) 444-6472 / https://minorityhealth.hhs.gov/. This resource provides general mental health information, as well as mental health resources, since it is related to people of color.

Suicide Hotline: (800) 273-TALK (8255) / www.suicidepreventionlifeline.org. This resource provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

US Department of Justice Victim Assistance: (202) 514.2000 / https://www.justice.gov/actioncenter/find-help-and-information-crime-victims. This resource provides information to those who have been victims of violent crimes. This website also helps locate the victim and witness assistance program within your community.
Lists of Resources

- Center for Disease Control: (800) 232-4636 / https://www.cdc.gov/
- Mental Health America: (800) 969-6642 / http://www.mentalhealthamerica.net/african-american-mental-health
- Mental Health First Aid: https://www.mentalhealthfirstaid.org/cs/about/
- National Institute of Mental Health: (866) 615-6464 / www.nimh.nih.gov.
- Office of Minority Health: (800) 444-6472 / https://minorityhealth.hhs.gov/
- Office of Behavioral and Social Sciences Research: (301) 402-1146 / https://obssr.od.nih.gov/
- Suicide Hotline: (800) 273-TALK (8255) / www.suicidepreventionlifeline.org.
References

The reference slide, which is located at the end of most PowerPoint presentations, is simply a compiled list of where the information came from on the slides.

If someone is interested in a particular reference, you can find the articles or books of interest online, in your local library, or in the library of your local college/university.
WORKSHOP SESSION 1: MY COMMUNITY

Slide 1 of 18

**COMMUNITY + BODY + MIND + SPIRIT = OUR HEALTH**

Sharing coffee and chocolate
A program for emotional well-being

Interactivity:

Note on the slide: welcome the participants. Remember to introduce yourself. Advise the participants to put their names on the sign-in sheet. Present the name of the course. Start the session.

Slide 2 of 18

**Why are we here?**

*Why are we here?*

*We are here to learn about what stress is like, how it arises, and how it affects others.*

*We learn through others by sharing our stories—among other things—our family values, religious beliefs, work experiences, and the experience of existing between two cultures.*

**Key message:** Encourage participants to share their stories, thoughts, and ideas so that others can learn from their experience and wisdom.

**Background information:** Some people may be afraid to speak in public or share their thoughts with others present. Let your participants know that their thoughts, feelings, and experiences will not be mocked or judged. Remind participants that they should respect the feelings, thoughts, and experiences of others in the same way that they would like their feelings, thoughts, and experiences to be respected.
The Balcony

Think of the summer days, when you played outside with your friends.

Looking up, there is an old man or woman on almost every balcony, watching the children playing in the neighborhood. If you are unable to remember this scene, surely you've heard stories of Grandmother or Grandfather ... stories of a time when the community watched over the children and kept them safe.

If you have lived the experience when the elders of your community "took care of you," do you remember how you felt when a neighbor (let's call her Doña Juanita) surprised you when you were doing something you should not have been doing?

Can you remember how you felt when you saw Doña Juanita talking to your mom, dad, or someone responsible for you?

**Key Message:** CCC helps the facilitator and the participants understand how stress feels by getting involved in personal experiences. Ask the participants about their experience and memories. Facilitate group participation.

Participants are encouraged to think about summer days when they played with friends and neighbors. However, there was an elder on each porch to ensure that the children of the community were safe. Some participants may also remember that the neighborhood elder "caught" them doing things that they were not supposed to and then informed their caregiver.
Slide note: questions for the facilitator to ask the participants. Group exercise / participation.

**Slide 4 of 18**

**What is Stress?**

- Do you remember a moment when you were in a difficult situation?
- Do you remember how your body felt?
- Did your heart rate speed up?
- Did you feel nervous?
- Did you start to perspire/sweat?
- Did others get on your nerves?
- If so, now you know how it feels to have stress ... But what does the word "stress" mean?

**Key Message:** Not all stress is "bad."

Realizing that not all stress is bad can alleviate the fear of the word “stress.” Stress is a word that is generally used to explain how one can feel when overwhelmed by the negative events of life. So, the word "stress" in itself is not what allows something to be good or bad; it is the events of life, the experiences, the situations that are occurring that dictate whether one will have good stress or bad stress.

**Slide 5 of 18**

**What is stress?** (Continued) Stress is "bad" when you live constantly in a cycle where everything goes wrong, where you see yourself surrounded by negative things. We call that "chronic" stress ... it is stress that does not seem to end or move away.
• Stress is “good” when you are anticipating something new and exciting. Remember the tingling sensation you felt on your first date, when you were getting married, giving birth, and Christmas morning as a child?
• Let’s talk about the difference between "good" stress and "bad" stress.

**Key message:** Compare good stress versus bad stress.

If you understand that there is a difference between good stress and bad stress, you can understand what emotion you can follow. This also gives a better understanding to friends and family members who may be "acting stressed."

**Good Stress**
- It can be linked to something good that happened to you.
- The feeling of stress is short.
- When you "feel" happy, the feelings of stress will disappear.
- Good stress is good for the body, mind, and spirit.

**Bad Stress**
- May be related to something bad that happened to you.
- The feeling of stress can be short or long.
- When angry, sad, and/or hurt, the feelings of stress may not disappear.
- Too much bad stress is not healthy for the body, mind, or spirit.

**Key Message:** Compare the good stress vs. bad stress

If you understand that there is a difference between good stress and bad stress, you can understand what emotion you can follow. This also gives a better understanding to friends and family members who may be "acting stressed."

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**Slide 6 of 18**

“Good” Stress versus “Bad” Stress

Good stress is when you have a sense of control; bad stress is when you don’t.

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- When you "feel" happy, the feelings of stress will disappear.
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- May be related to something bad that happened to you.
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**Key Message:** Compare the good stress vs. bad stress

If you understand that there is a difference between good stress and bad stress, you can understand what emotion you can follow. This also gives a better understanding to friends and family members who may be "acting stressed."

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Interactivity:
Slide 7 of 18

My Stress and My Community

- As Latinos, we have always found support and strength in our communities.
- A community can be defined as those with whom you have communion, be it in your local church or it may be some of your neighbors with whom you speak.
- Regardless of how you define your community, Latinos have always been connected to a group of people who may be outside the family of origin.
- Because of this connection, when we feel stress, our community is impacted, just as when our community is stressed, we are personally affected.

Key Message: When bad things happen in our past ... this affects our future.

With the Latino community, stress is not related to racism because Latinos are not considered a race, but in fact, an ethnicity.

Latinos face social discrimination in various ways, including language barriers that automatically put them at a disadvantage in accessing local resources, being more prepared for an emergency situation, recovery from a natural disaster, and accessing culturally and linguistically competent healthcare.

Interactivity:

Slide 8 of 18

Causes of Community Stress

Poor communities are exposed to stress factors such as:
- Unemployment
- Homelessness
- Community violence
- Social discrimination
- Fear of impending storm or disaster
- Immigrant trauma
- Acculturation

Can you think of a situation that occurs in your community that is "stressful"?

**Key Message:** Help participants identify ways in which their community experiences stress.

**Interactivity:**

**Slide 9 of 18**

**Causes of Stress: Unemployment**

- The Latino community is approximately 17% of the US labor market.
- The unemployment rate is at 4.7%, with workers of Mexican descent being the largest subgroup of the Latino workforce (14.9 million).
- The most common jobs for Latina women are in restaurants (10.3%) and housekeeping (6.4%), while the most common for men is in construction (7.5%).

Can you think of a situation that occurs in your community that is "stressful" related to unemployment?

**Key Message:** Help participants identify ways in which their community experiences stress.

**Interactivity:**

**Slide 10 of 18**

**Causes of Stress: Homelessness**

- Recession → layoffs → evictions = homelessness for many Latinos, especially those working on the lower levels of company hierarchy.
- Language barriers, fear of deportation of undocumented family members, and migratory labor patterns result in less use of homeless services, and thus is underrepresented in the statistics.

- Latino families may rely on help from relatives over agency-run social services.

- Deportations have caused many to live in the streets.

Can you think of a situation that occurs in your community that is "stressful" related to being homeless?

**Key Message:** Help participants identify ways in which their community experiences stress.

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**Slide 11 of 18**

**Causes of Stress: Community Violence**

Low-income, urban adolescents are exposed to extremely high rates of witnessing and being victimized by community violence, especially with gang violence, drugs, and sex trafficking of unaccompanied minors.

Latinos are afraid to report intimate partner violence; they fear and lack confidence in the police; they feel shame, guilt, loyalty, and worry how it will affect the children; they fear deportation; and suffer from previous childhood victimization.

**Key Message:** Help participants identify ways in which their community experiences stress.

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**Slide 12 of 18**

**Causes of Stress: Social Discrimination**

You can take this time to discuss some of the historical events that many Latinos equate to the beginning of the social discrimination.
• In 1846, the Mexican-American War resulted in the US gaining Arizona, California, Colorado, Nevada, New Mexico, Utah, and Wyoming.
• In 1942, the US needed cheap labor = Braceros (Mexicans and Puerto Ricans).
• In 1953, “Operation Wetback,” the US launched a program to send people of Mexican descent to Mexico.
• Today, many Latinos still experience social discrimination in housing, work, pay, social justice, education, and healthcare services.

Can you think of a situation that occurs in your community that is "stressful” related to discrimination?

Key Message: Help participants identify ways in which their community experiences stress.

Interactivity:

Slide 13 of 18

Causes of Stress: Fear of impending storm or disaster

Hurricanes Harvey and Maria, California fires and mudslides, and flooding are some of the recent disasters that had a devastating impact on many Latinos, especially during and post disaster. Here are some similar stressors, as documented by those in our support groups:

Hurricane Harvey
• ICE agents as rescuers caused more anxiety
• New anti-immigrant law in the midst of storm recovery deterred evacuations
• Recovery was much slower for immigrants
• Loss of jobs, homes
• No money = stress/depression
• PTSD affecting approximately 600,000 undocumented people in the greater Houston

Hurricane Maria
• Diaspora to the US from Puerto Rico
• Vacant and desolate neighborhoods
• Economy bust
• Brain drain
• Mistrust of federal and local government officials
• Nine months without power in many municipalities

California Fires
• Rumors about ICE obtaining their information
• No Spanish language alerts
- Thousands fleeing their homes with no place to go
- Forecast of mudslides or earthquakes

Can you think of a situation that occurs in your community that is stressful when it is related to fear?
Causes of Stress: Immigrant trauma

- Factors related to immigrant trauma and stress include language barriers, financial struggles, changing gender roles, and downward social mobility in their adopted homeland.
- Anti-immigrant sentiment and laws continue to strip families apart and cause more mistrust in law enforcement and government agencies.
- Being separated from a parent or caregiver—or even the idea of a separation—exposes young children to stress and trauma.

Can you think of a situation that occurs in your community that is stressful related to immigrant trauma?

Key Message: Help participants identify ways in which their community experiences stress.

Causes of Stress: Acculturation

- Cultural and ethnic differences, transportation difficulties, and cultural conflicts are challenges leading to stress.
- The acculturation process entails a certain level of stress that occurs because of a cultural gap between the ethnic and the new host culture.
- The immigrants and the elderly have a more difficult time with acculturation.
- Discrimination is a vital component to acculturative stress.
- Adapting to a new culture can be very hard and often leads to stress. Stress triggers may include:
  - Language barriers/limited English proficiency
  - Transportation difficulties, such as not having a driver’s license or a car
  - Not understanding public transportation, the education systems, and many federal or local laws.

Can you think of a situation that occurs in your community that is stressful related to acculturation?

Key Message: Help participants identify ways in which their community experiences stress.
How does community stress affect me?

Daily stress, associated with lower social status and poor family functioning, can lead to poor health outcomes.

The inequality in health found in different ethnic groups that are associated with environmental stress includes:

- Childhood asthma
- Hypertension
- Substance abuse
- Diabetes
- Obesity
- Lupus
- Depressive symptoms

**Background Information:** Research has shown that long-term poverty and family stress are strongly associated with lower physical mobility and cognitive functioning at older ages.

How can I reduce stress in my community?

- Talk to your family and/or friends: call, write, or send a text message to share happy thoughts, happy memories, and happy feelings.
- Ask others for help: we are not able to do everything by ourselves. It’s okay to ask for help from others! Think of two people in your community / family that you can call when necessary.
- Participate: Volunteer at your local hospital, school, or church. Helping makes us feel good and lets others know that we care.
- Remember to laugh: laughing makes the body feel good. So, watch a funny movie or call one of your friends who always cheers you up.

*What other positive things can you think that can help you deal with stress within your community?*

**Key Message:** Good news! We can control the stress in our community!
Slide 18 of 18

Resources

- Asociación Americana de Psiquiatría: (703) 907-7300 / www.psychiatry.org
- Instituto Capstone Centro para la Investigación sobre la Educación de los Estudiantes Colocados en Riesgo: www.capstoneinstitute.org
- Centro de Control de Enfermedades: https://www.cdc.gov
- Alianza de Depresión y Apoyo Bipolar (DBSA): (800) 826-3632 / http://www.dbsalliance.org
- Fundación Internacional para la Investigación y la Educación sobre la Depresión: http://www.ifred.org
- Fundación Lee Thompson Young: http://www.leethompsonyoungfoundation.org
- Mental Health America (800) 969-6642 / http://www.mentalhealthamerica.net/afri-can-american-mental-health
- Primeros auxilios de salud mental: https://www.mentalhealthfirstaid.org/cs/about
- Instituto Nacional de Salud Mental: (866) 615-6464 / www.nimh.nih.gov
- Oficina de Salud de Minoria: (800) 444-6472 / https://minorityhealth.hhs.gov
- Oficina de Investigación de Comportamiento y Ciencias Sociales: (301) 402-1146 / https://obssr.od.nih.gov
- Línea Directa de Suicidio: (800) 273-TALK (8255) / www.suicidepreventionlifeline.org

Key Message: the resources are always useful. Even if you do not need them, these re-
sources can benefit others in the community.

Just as it is useful to have tools in a toolbox, it is always beneficial to know the resources of
the community in case someone comes in contact with you for help. Remember to provide
participants with a copy of the Resource List.

References

4. Office of the Surgeon General (US). Mental Health: Culture, Race, and Ethnicity. Na-
   tional Center for Biotechnology Information.  

OTHER SOURCES

- Listen to the Warning Signs of Stress. American Psychological Association. 

This slide informs where the information comes from, throughout the presentation.
WORKSHOP SESSION 2: MY BODY

Slide 1 of 17

COMMUNITY+BODY+MIND+SPIRIT=OUR HEALTH

LEARNING ABOUT EMOTIONAL WELL-BEING AND STRESS

Slide 2 of 17

The Wedding

- You're getting married, but your parents divorced when you were six and your brother was one year old. Your father was remarried. Your mother did not. She dedicated herself to raising you and your brother. You want your father to hand you over to the altar. But your mother gives you the ultimatum. "Your father or me but not both."

- What do you do? What do you feel when you see yourself in the middle of that situation?

Key message: Understand, through our personal and shared experiences, how communities feel stressed. After the question: "Did your nerves get bad?" Have the participants refer to the body model and talk about "where" they feel their stress.

In many cultures, a person usually feels more physically stressed when unplanned visits/meetings/events occur. Remembering a time when an unplanned event happened helps people remember how stress feels physically.

Interactivity:

Slide 3 of 17

Survival and Stress

- Stress is a method that our body and mind use without permission to protect us from danger.
- From the beginning of humanity, the human body learned to protect itself against animal threats by using stress. When facing danger, stress helped people to run, fight, and make quick decisions.
- Although in these times we do not have to worry about lions, tigers, or bears that eat us, if we have to worry about getting to work on time, paying the bills, keeping our children safe, our loved ones healthy, etc., all these things cause us concern.
- The worries make our body, mind, and spirit feel threatened.
Key message: This slide explains the history of our response to stressful situations.

Stress is something our bodies and minds are capable of doing, without our authorizing it, to help protect us from harm. All these problems make us worry. Worry makes our bodies and minds feel threatened ... so our body and mind will be stressed.

Interactivity:

Slide 4 of 17

Who has stress?

- Stress manifests itself in many ways and affects every person.
- Stress affects people in different ways. Some people have the ability to deal with stress better than others.
- Research has found that people who have the ability to cope with stress are people who have:
  - A strong social support network (lots of family, friends, neighbors, or people in the community that you can count on to get help).
  - Time to sleep so that the body rests.
  - The ability to consume good foods for the body.

Key Message: Everyone has stress.

Some people believe that there are people in the world who do not experience stress (that is, those who are rich, those without responsibility, etc.). Although we may experience stress differently, everyone falls under stress.

Interactivity:

Slide 5 of 17

What is stress?

- Do you remember a moment when you were in a difficult situation?
- Do you remember how your body felt?
- Did your heart rate speed up?
- Did you feel nervous?
• Did you start to perspire/sweat?
• Did others get on your nerves?
• If so, now you know how it feels to be stressed ... But what does the word "stress" mean?

**Key message:** Not all stress is "bad."

**Background Information:** Realizing that not all stress is bad can alleviate the fear of the word “stress.” Stress is a word that is generally used to explain how one can feel when overwhelmed by the negative events of life. So, the word "stress" in itself is not what allows something to be good or bad; it is the events of life, the experiences, the situations that are occurring that dictate whether one will have good stress or bad stress.

Interactivity:

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**Slide 6 of 17**

**Who has Stress?**

• Stress manifests itself in many ways and affects every person.

• Stress affects people in different ways. Some people have the ability to deal with stress better than others.

• Research has found that people who have the ability to cope with stress are people who have:
  • A strong social support network (family, friends, neighbors, or people in the community that you can count on to get help).
  • Time to sleep so that the body rests.
  • The ability to eat good foods for the body.

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**Slide 7 of 17**

**Warning Signs of Stress**

When we have too much bad stress, we are unable to feel happy. When our body does not feel happy, it warns us that it is "stressed." These are the most common warning signs of stress:

• Changes in your diet, eating less/more.
• Lack of concentration.
• Unable to think clearly, or forgetful.
• Feeling uncomfortable or "nervous."
• Short temperament
• Anxiety or feeling anxious.
• Headache and/or bones, and joint aches.
• Muscles aches throughout the body.
• Stomach ache.
• Chest pain / or fast heartbeat.
• Problems falling and maintaining sleep.
• Feeling constant tiredness.

Slide 8 of 17

Where does Stress appear in my Body?
A diagram of the body and what areas are indicators of how stress is affecting your body.

Slide 9 of 17

Stress: Central Nervous System (CNS)
The CNS consists of the brain and spinal cord. It is in charge of your “fight or flight” response. In your brain, the hypothalamus gets the ball rolling, telling your adrenal glands to release the stress hormones: adrenaline and cortisol.
**Stress: Endocrine Systems**

Your endocrine system includes eight major glands throughout your body. These glands make hormones. Hormones are chemical messengers. They travel through your bloodstream to tissues or organs. Hormones work slowly and affect body processes from head to toe.

These include:
- Growth and development
- Metabolism -- digestion, elimination, breathing, blood circulation, and maintaining body temperature
- Sexual function
- Reproduction
- Mood

**Stress: Respiratory Systems**

Stress hormones affect your respiratory systems.

During the stress response, you breathe faster in an effort to quickly distribute oxygen-rich blood to your body. If you already have a breathing problem like asthma or emphysema, stress can make it even harder to breathe.

**Stress: Cardiovascular Systems**

Heart disease is the number one killer in the US. It is also a major cause of disability. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It is the major reason people have heart attacks.

Stress hormones cause your blood vessels to constrict and divert more oxygen to your muscles, so you'll have more strength to take action. But this also raises your blood pressure, which puts you at risk for having a stroke or heart attack.

**Stress: Muscular System**
Your muscles tense up to protect themselves from injury when you’re stressed. They tend to release again once you relax, but if you’re constantly under stress, your muscles may not get the chance to relax.

Tight muscles cause headaches, back and shoulder pain, and body aches. Over time, this can set off an unhealthy cycle as you stop exercising and turn to pain medication for relief.

**Slide 14 of 17**

**Stress: Digestive System**

Under stress, your liver produces extra blood sugar (glucose) to give you a boost of energy. Chronic stress may increase your risk of developing type 2 diabetes.

The rush of hormones, rapid breathing, and increased heart rate can also cause heartburn or acid reflux.

Stress can also affect the way food moves through your body, leading to diarrhea or constipation, nausea, vomiting, or a stomach ache.

**Slide 15 of 17**

**Stress: Sexuality and Reproductive Systems**

If stress continues for a long time, a man’s testosterone levels can begin to drop. This can interfere with sperm production and cause erectile dysfunction or impotence.

Chronic stress may also increase risk of infection for male reproductive organs like the prostate and testes.

For women, stress can affect the menstrual cycle. It can lead to irregular, heavier, or more painful periods. Chronic stress can also magnify the physical symptoms of menopause.

**Slide 16 of 17**

**Stress: Immune Systems**

The immune system is an elaborate network of cells, tissues, and organs that help to protect the body from invaders (bacteria, viruses, fungal infections, and parasites).

In lupus and other autoimmune diseases, the immune system begins to recognize and attack “self.”
People under chronic stress are more susceptible to viral illnesses like the flu, common cold, and other infections. Stress can also increase the time it takes you to recover from an illness or injury.

**Slide 17 of 17**

**Stress and Physical Health**

Now we better understand that bad stress can affect our physical health. The good news is that we can deal with stress and turn it into something positive by doing the following:

- Communicate with family and friends. Share feelings.
- Exercise. There is no need to spend money on a gym. Do an activity that you love that gets you moving" like dancing, riding a bike, or running.
- Just walk in a park or neighborhood while talking on the phone with a family member or friend.
- Bring moments of laughter and joy to your memory. Think of things that make you laugh.
- Watch movies or comedy shows. Try to be around funny people.
- Devote yourself to volunteering in your community, such as a hospital, school, or church. Helping others makes us feel better because we focus our attention on others and not on ourselves.

**Key message:** We can control how physically we feel stress.

Although we may not be able to control the circumstances that cause stress, we can definitely control our response to stress. Ask the participants to share the ways they handle stress.

**Interactivity:**
WORKSHOP SESSION 3: MY MIND

Slide 1 of 15

COMMUNITY + BODY + MIND + SPIRIT = OUR HEALTH

Slide 2 of 15

Let's talk about My Mind

• When I hear the word "stress," I know what it means.
• I understand the difference between "good" and "bad" stress.
• I can explain to others in at least 3 ways how I feel psychological stress.
• I will learn the importance of emotional well-being.
• I will be able to identify at least one way to improve my emotional well-being and to feel less stressed.

Key message: The participants have to feel welcome and comfortable for them to continue with the sessions and return to individual sessions. Welcome the participants. Remember to introduce yourself and give some information about yourself. Inform participants where the bathrooms are located, where they can get refreshments, etc. Tell participants to sign the attendance sheet.

Present the name of the course.

Interactivity:

Slide 3 of 15

Stress and the Brain

• Stress and trauma reconnects the brain.
• Chronic high stress or extreme stress can cause elevated blood pressure.
• Excessive stress can cause muffled hearing.
• The trauma causes us to operate with instinct and not with reason.
• The instinct is our rapid brain.
The key message: Stress affects people psychologically.

Frequently, stress is linked to the traumas experienced. It helps to be able to understand how it manifests, to be able to recognize stress in ourselves and in others.

Interactivity:

Slide 4 of 15

The First day of School

- Do you remember the first day of school?
- Do you remember how they helped you prepare?
- Do you remember what clothes or uniform you used?
- Do you remember what kind of backpack and school supplies you had?
- Do you remember the atmosphere in your house?
- Do you remember what the atmosphere was like in the school and the classroom?
- Do you remember how your teammates were?
- How did they receive you?
- Maybe the atmosphere in the school was hostile and your classmates made you feel out of place.
- Maybe your teacher was resentful and very strict.

Interactivity:

Slide 5 of 15

How is Stress Felt?

- Do you remember what you were thinking and how you were feeling?
- Do you remember how your body felt?
- Did your heart speed up?
- Did you feel nervous?
- Did you start to perspire/sweat?
- Did you get nervous?
• If so, now you know how it feels to be stressed ... But what does the word "stress" mean?

Interactivity:

Slide 6 of 15

Survival and Stress

Stress is a method that our body and mind use without permission, to protect us from danger.

From the beginning of humanity, the human body learned to protect itself from all threats by using stress. When faced with danger, stress helped people run, fight, and make quick decisions.

Worry makes our body and mind feel threatened. That is why our body, mind, and spirit respond with stress.

Interactivity:

Slide 7 of 15

Different Types of Stress

Stress is "bad" when you live constantly in a cycle where everything goes wrong, where you see yourself surrounded by negative things. We call that "chronic" stress ... it is stress that does not seem to end or move away.

Keep in mind that stress is not always bad.
• Remember the tingling sensation you felt when you went to your first date with your boyfriend / girlfriend?
• Or maybe the emotion you felt when you were getting married, when your children were born, etc.?
• This is a "good" stress!
• Let's talk about the difference between "good" stress and "bad" stress.
Adverse childhood experiences (EIA) and Mental Health

In this CDC investigation, 17,500 adults were evaluated and their stories of exposure to adverse experiences during childhood, which included physical or emotional abuse, physical or emotional neglect, mental disorders, drug dependence, incarceration of parents, separation or divorce of parents, and domestic violence.

Study Results:
- 67% of the evaluated population has suffered at least one adverse situation during childhood.
- 12.6% of them had suffered 4 or more adverse situations. There was also an important relationship between adverse exposure and health problems throughout life. People who had suffered 4 or more adverse situations were on average 2.5 times more likely to suffer from chronic diseases.
Generational Trauma

A chronic and oppressive trauma in the family or community can have a psychological impact that affects the members of that family or community for many generations. (For example, exposure to violence involving highly lethal weapons against a family member or neighborhood may create anxiety in adolescents.)

Do you remember a moment in the past or present where you suffered or saw others in your community suffer from oppressive trauma?

My Stress and My Mind

- There are several reasons why we feel physical, mental, or psychological stress.
- The causes can be from having a relative in jail, sick, domestic violence etc.
- Many Latinos, especially the undocumented, will feel psychological stress for fear that immigration will discover them and deport them.
- Discrimination or social isolation results in anxiety, depression, and low self-esteem.
What are other causes of stress?
Research has shown that financial problems can cause psychological stress.
Children of parents who face psychological stress are vulnerable to developing emotional problems.

What is Emotional Well-being?
- Positive mental health and emotional well-being help us cope with psychological stress.
- According to the US Surgeon General, positive mental health allows people to:
  - Realize their full potential.
  - Deal with the stress of life.
  - Work productively.
- Make meaningful contributions in their communities.
- Chronic stress puts emotional well-being at risk in general.
- Improving emotional well-being reduces stress.

Improving Emotional Well-being
- Identify the sources of stress in your life.
- Learn to ask for help. You can ask for help from family, friends, or organizations.
- Someone can assist in reducing your stress.
- Avoid unnecessary stress.
- Learn to say no. And if necessary, avoid the people who cause you stress.
- Learn to talk about your feelings.
- Look at things in a different way.
• Sometimes we think that something can be stressful when in reality it is not.
• Take time for yourself, enjoy activities that build your spirit.

Resources
• Suicide Hotline: Phone: (800) 273-TALK (8255) / http://www.suicidepreventionlife-line.org.
• American Psychiatric Association: (703)907-7300 / www.psychiatry.org.
• International Foundation for Research and Education on Depression: http://www.ifred.org.
• National Institute of Mental Health: (866) 615-6464 / www.nimh.nih.gov.
WORKSHOP SESSION 4: MY SPIRIT

Slide 1 of 8

COMMUNITY+ BODY+MIND+SPIRIT=OUR HEALTH

Interactivity:

Slide 2 of 8

Let's Talk About My Spirit

- When I hear the word "stress," I know what it means.
- I will understand the difference between "good" and "bad" stress.
- I can communicate to others two ways in which I feel spiritual stress.
- I will learn the meaning of spiritual well-being in all your consciousness.
- I am going to find a way of how I can develop my spiritual well-being to feel less stressed.

Interactivity:
Family Celebrations

- Family celebrations are very important for Latinos.
- That time allows us to communicate and build a spiritual connection with family members.
- Can you remember a time where a relative was not present?
- Maybe there was a family dispute or that a family member had to go to work that day.
- When a family member is absent at a celebration, their absence is felt and nothing feels the same.

The key message: Sharing stories assists the facilitator and the participants understand how stress feels when incorporating their personal experiences. Ask the participants about their experiences and memories. Facilitate the participation of the group.

Let participants remember their family celebrations. Remember the family celebrations at home? Can you remember a time when a relative was not present and how did that change the atmosphere of the celebration?

Interactivity:

Slide 4 of 8

What is spiritual stress?

Spiritual stress is a break with your personal beliefs and values. It affects the person's being. It disturbs their basic beliefs, their existence, peace, hope, and connection.

The signs of spiritual stress are:

- Questioning the meaning of life or one’s personal beliefs.
- Being afraid to fall asleep at night or other fears.
- Feeling empty and without direction in life.
- Feeling abandoned or angry with God/greater power.
- Feeling pain and other physical symptoms.
The key message: Stress is felt in our spirit, but it can manifest physically and emotionally. When our spirit is affected by stress, they can say "you are not the same," or "you are not acting as you are." When your spirit has been affected that means that you have maintained a high level of stress for a while.

Interactivity:

Slide 5 of 8

What is Spiritual Well-being?

Spirituality can be considered as the breath of life.

When we work on the development of our spiritual senses, we begin to feel spiritual well-being.

Spiritual well-being often starts with feeling loved by family and having family to love.

As humans, we work toward the development of our spiritual senses, through honesty, integrity, compassion, and loving our neighbor.

The key message: Being aware of our spiritual well-being reduces the feeling of stress.

Even though everyone feels stress, we can choose how we are going to deal with stressful situations. Just as we have the ability to be stressed, we also have the ability to stay well.

Interactivity:

Slide 6 of 8

Spiritual Strength

- One of the ways to reduce stress is to put into practice full consciousness.
- Full consciousness is a mode of meditation that reduces stress by helping us to:
  - Pay attention carefully.
  - Become aware of where we are in the present moment.
  - Learn that we are not able to change the past.
  - Stay in the "present" and not in the past.
  - Keep in mind that we are alive at this time.
**The key message:** Become aware that spiritual well-being reduces the sensation of stress.

Even though everyone feels stress, we can choose how we are going to deal with stressful situations. Just as we have the ability to be stressed, we also have the ability to stay well. Full consciousness is a method that can be used to reduce spiritual stress.

Interactivity:

**Slide 7 of 8**

**More about Spiritual Strength**

Another method that Latinos use to reduce stress is by:
- Getting involved with churches or community organizations.
- Supporting people in need such as children or the elderly.
- Becoming members of prayer groups.
- Having a group of friends around for emotional support.
- Practicing self-care (for example, taking time to bathe, get dressed, eat well, and do what used to make you happy).

**Slide 8 of 8**

**Activating your Spirit to Reduce Stress**

- Be aware of your thoughts.
- Listen and learn to discern, so as not to deaden the voice of the spirit.
- Listen to good ideas that elevate and enlighten others.
- Once a week, take a day to refresh yourself. Walk, write, read, and prepare a special meal or something that shows that you love what surrounds you.
- Practice deep breathing. It costs nothing and clears the mind and calms the spirit as well as creates a sense of integrity.
- Help others.
• Are there other spiritual practices you can use to reduce the feeling of stress?

**The Key Message:** We can control how we feel spiritual stress. Although we are not able to control the circumstances that cause us stress, we can control the way we respond to that spiritual stress.

**WORKSHOP SUMMARY**

**Evaluations**

• Workshop/session evaluations are usually given to participants at the end of a workshop/session. However, you can provide participants with a copy at the start of the workshop/session so they can complete the evaluation at a given time.

• Review the evaluations of the participants. The assessments will advise you on the things you are doing well and on the things you may need to improve to be an effective leader.

• It may be beneficial to maintain these evaluations for at least one year. By doing this, you can track improvements in the delivery of the workshop.