Introduction

Being a Bangladeshi person living in the US can be a challenging experience. Here are some stressors that one may face:

- Feelings of loss and separation
- Stress from family adjusting in new settings
- Immigration and financial concerns

It is important to understand our emotional and mental conditions so we can take better care of our wellbeing.

Barriers to Receiving Appropriate Care

<table>
<thead>
<tr>
<th>Stigma</th>
<th>Lack of Access to Health Care</th>
<th>Shame</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;They’ve been possessed by a jinn&quot;</td>
<td>&quot;The doctor doesn’t accept my insurance&quot;</td>
<td>&quot;Keep your personal matters to yourself&quot;</td>
</tr>
<tr>
<td>&quot;Their family is crazy&quot;</td>
<td>&quot;You should not bring this up&quot;</td>
<td>&quot;These problems will reflect poorly on my family&quot;</td>
</tr>
<tr>
<td>&quot;The patient is crazy&quot;</td>
<td>&quot;Treatment is too expensive&quot;</td>
<td>&quot;There is nothing we can do except put this person in a hospital&quot;</td>
</tr>
</tbody>
</table>

Please remember that mental health is just as important as physical health. You deserve to heal and find inner peace.

As Bangladeshis, we have developed coping skills to adapt and survive. Sometimes these behaviors are helpful; other times they can prevent us from truly taking care of our mental health. You deserve to be an active participant in your healing.

Resources and Coping

<table>
<thead>
<tr>
<th>What We Do:</th>
<th>What We Should Do:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rumination: Replaying the same situation without finding concrete steps to a solution.</td>
<td>Understanding the situation and finding steps to resolve it.</td>
</tr>
<tr>
<td>Spirituality: Finding meaning from our spirituality can help with feeling calmer and more connected.</td>
<td>Connecting with your spirituality to find peace.</td>
</tr>
<tr>
<td>Numbing: Remaining busy without taking any breaks.</td>
<td>Resilience: Ability to discuss feelings without labeling them as positive or negative. Finding ways to rest and care for self through sleep, nutrition, exercise.</td>
</tr>
</tbody>
</table>

Resources:

- NYC Well: www.nycwell.cityofnewyork.us 1-888-692-9355 1-888-692-9355
- Bengali Mental Health Movement: www.bengalimentalhealth.org
- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org 1-800-273-8255 1-800-273-8255

Healthy Mind Healthy Life

Guidelines for Mental Health

Please contact a healthcare/mental health professional before making health decisions. Self-diagnosing can be harmful.

Bengali Mental Health Movement

Necessary information provided by Bengali Mental Health Movement

Please contact your healthcare provider for guidance on how to address any mental health concerns. Navigating mental health can be overwhelming.
Stress is the emotional or physical tension that can stem from any difficulty and makes a person feel frustrated, angry, or nervous. Stress is a normal part of life. However, stress becomes negative when a person faces continuous challenges without relief or relaxation.

What might increase our stress?

- Financial Burden: Not being able to pay rent or bills, unemployment, unsafe working conditions, and unjust wages.
- Immigration Uncertainty: Adjusting to a new culture, language differences, discrimination, and fear of deportation.
- Work-related stress: Difficulties at work, harassment, and a lack of support from colleagues or supervisors.
- Personal circumstances: Health problems, family issues, or personal setbacks.
- Social factors: Relationship problems, social isolation, or changes in social status.

How can we reduce stress?

- Get enough rest so your body can recover from stressful events.
- Practice relaxation techniques, like regulating breathing, reflecting, and going on long walks.
- Take a few minutes to step away from any noise or stressful work.

Depression

How can we recognize when what we are feeling is signaling towards having depression?

- Bad Thoughts
- Feeling Sad
- Dead Mind
- Pain in the Mind
- Bodily Weakness
- Mental Pressure
- Uneasy Sensations in Body
- Joyless Mind

Somatic Expressions of Depression:

- Physical Weakness
- Burning Sensation in Body
- Bodyache
- Chest Heaviness
- Palpitations
- Pressure on Head
- Vertigo
- Burning Sensation in Head
- Feeling of Going Crazy

Anxiety

Anxiety is our response to situations that are stressful or perceived as dangerous. Most people experience anxiety or feelings of worry about things like health, family, and finances from time to time.

Anxiety can impact our physical health, our thoughts, and our behaviors in the following ways:

- Physical:
  - Chest pain, Shortness of Breath, Nausea, Fatigue, Muscle Tension, Headaches, Trouble sleeping
  - Numbness

- Mind:
  - Nightmares, Flashbacks to Negative Memories, Irritability, Anger, Difficulty Concentrating, Appetite

Here are some steps to take when feeling anxious:

- Call or speak to someone you trust.
- Be sure to take deep breaths.
- Practice relaxation techniques, like regulating breathing, reflecting, and going on long walks.
- Take a few deep breaths.

Everyone goes through periods of deep sadness and grief. However, depression is an overwhelming sense of sadness and grief that can stem from isolation and loneliness.

Anxiety is our response to situations that are stressful or perceived as dangerous. Most people experience anxiety or feelings of worry about things like health, family, and finances from time to time.

Anxiety can impact our physical health, our thoughts, and our behaviors in the following ways:

- Physical:
  - Chest pain, Shortness of Breath, Nausea, Fatigue, Muscle
  - Numbness

- Mind:
  - Nightmares, Flashbacks to Negative Memories, Irritability, Anger, Difficulty Concentrating, Appetite

Here are some steps to take when feeling anxious:

- Call or speak to someone you trust.
- Be sure to take deep breaths.
- Practice relaxation techniques, like regulating breathing, reflecting, and going on long walks.
- Take a few deep breaths.