

DECEMBER 2023



CROSS CULTURAL EXPRESSIONS NEWSLETTER

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DECEMBER IS

*International Persons
with Disabilities
Awareness*



WHAT'S GOING ON AT CCE?

Introducing "Access for All" Podcast and YouTube Series: Exploring Mental Health & Disabilities

CCE is excited to announce our collaboration with the LA County Department of Mental Health on "Access for All" – an illuminating podcast and YouTube series spotlighting the experiences of individuals with disabilities and their journeys with mental health.

Join us on this enlightening journey by watching our videos on CCE Productions' YouTube page or tuning in to the podcast on platforms like Spotify, Amazon Music, and more. For more, visit cceccc.org and follow us on Facebook and Instagram for updates on "Access for All" episodes.

In Need of Therapy Services?

If you are in need of therapy services, we have some good news for you! CCE currently has immediate openings for sliding scale therapy services with our interns. Sessions can be as low as \$15/session for qualifying individuals. Our intern therapists have a language capacity for English, Farsi, and Arabic and can work with individuals, couples, and families of all ages.

If you are interested, please contact us at 818-860-1223 or connectwithcce@gmail.com.

UNPLUGGING FOR SANITY: THE IMPORTANCE OF SOCIAL MEDIA BREAKS IN A HYPER-CONNECTED WORLD

In an era dominated by digital connectivity, social media has become an integral part of our daily lives. However, the scrolling, constant notifications, and comparison culture that come with these platforms can take a toll on our mental well-being. The importance of taking breaks from social media can't be overstated, as it offers a break for our minds in a fast-paced, hyper-connected world.

One of the primary benefits of disconnecting from social media is the reduction of mental fatigue. The constant barrage of information, opinions, and curated glimpses into others' lives can be overwhelming, contributing to stress and anxiety. Stepping away allows us to reclaim mental space, bringing a sense of calm and tranquility.

Taking breaks from social media facilitates more meaningful connections in the real world. Face-to-face interactions and genuine conversations are often sidelined by the virtual realm. Disconnecting allows us to re-engage with our immediate surroundings, fostering deeper relationships and enhancing our overall well-being. Social media breaks can also help break the cycle of comparison. The curated nature of social media often leads to unrealistic standards and fosters feelings of inadequacy. Taking time away allows us to focus on our own accomplishments and goals without the constant comparison to others.

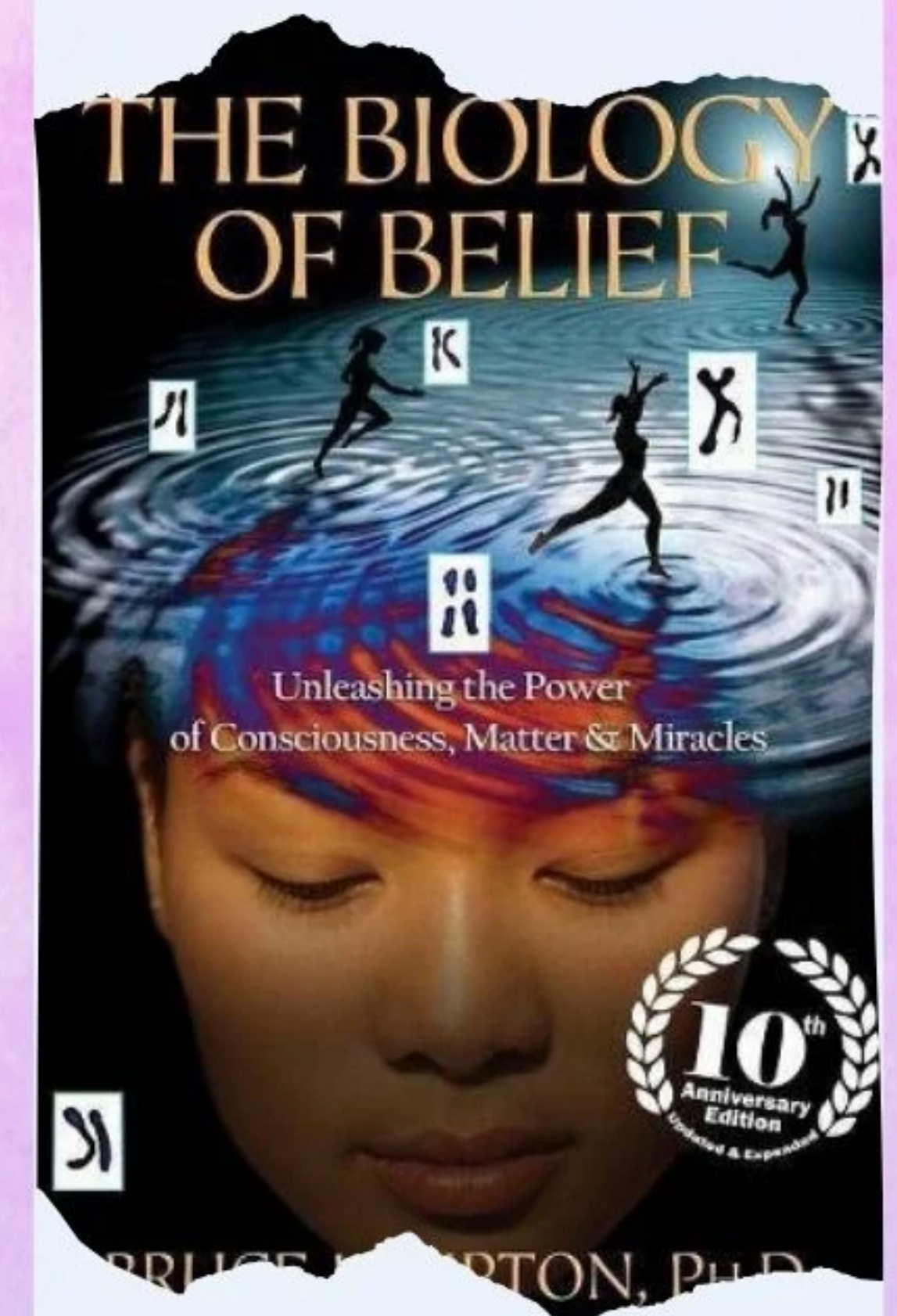
Research has shown that excessive social media use is linked to poor sleep quality and increased feelings of loneliness. By disconnecting, we can improve our sleep patterns and cultivate a healthier balance between online and offline social interactions.

Periodic breaks from social media are crucial for safeguarding our mental health. The benefits extend beyond a digital detox; they encompass improved mental clarity, enhanced real-world connections, and a break from the relentless pursuit of perfection created by social media. As we navigate the digital landscape, it's essential to recognize the value of stepping back for the sake of our mental well-being.

BOOK OF THE MONTH



The Biology of Belief
By Bruce Lipton, PhD



The implications of Dr. Lipton's research radically change our understanding of life, showing that genes and DNA do not control our biology; instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts.

This profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics has been hailed as a major breakthrough, showing that our bodies can be changed as we retrain our thinking.

MENTAL HEALTH HERO OF THE MONTH: ISSA RAE

BY: MAX ROBINS, CCE INTERN

Despite her hard work as an actress, writer, and executive producer, Issa Rae finds time in her schedule to prioritize her mental health. During her breaks from her different work obligations, such as her work in the Barbie movie and her series Insecure, Rae relaxes by doing the traditional activities like traveling and exercising, but she also leaves time to participate in counseling.

Although Rae is a very private person, she has publicly shared that she began counseling early in her career as a “preventative” measure to make sure she would be able to deal with the unique pressures and adjustments that accompany stardom. As she began to experience success in her career, she did not want to burden her friends by talking to them about issues which she felt they might not be able to relate. She felt like she was holding a lot inside and went to therapy in order to talk these issues through with a counselor. She wanted to vent her feelings without worrying about whether she was appearing to be ungrateful or out of touch.

Rae had to adjust to therapy because she does not like to talk about herself. She had to learn to get comfortable processing her feelings and confronting those things that made her feel uncomfortable. Congratulations to Issa Rae for facing her fears and making therapy a priority in her life and sharing that experience with others.

It's necessarily go to therapy because you think something's wrong, it's about prioritizing your mental health because nobody else will."

ISSA RAE



YARAN IRANIAN PEER COUNSELING HELPLINE

A program of Cross Cultural Expressions

Our trained volunteer peer counselors provide free and confidential supportive and referral services for Persian (Farsi) speaking community

Contact us if you're in need of:

Information/Referral Services

Support with Family Issues

Support with Mental and Emotional Health

Speak with one of our peer counselors via our telephone helpline:

(818) 332-7999