

Stress Management Resource Guide for the Japanese American Community & 1000 Cranes for C.A.L.M.

We live in stressful times. This Stress Management guidebook is designed to help recognize symptoms of stress and provide you with resources and self-help coping tools for situations which can exacerbate your stress. It will guide you to better manage stress-related anger, depression, and anxiety for a more CALM lifestyle.

CONFIDENCE

We emphasize the importance of building confidence and self-esteem as a means to improve emotional well-being.

ACCEPTANCE

We encourage individuals to practice acceptance of thoughts and feelings, without judgement or criticism, as a way to achieve emotional balance and resilience.

LOGICAL THINKING

Learn to use tools of logic and reason to help you manage your emotions and behavior, and to develop effective problem-solving skills.

MOTIVATION

Stay motivated and committed to your goals, even in the face of challenges or setbacks, as a way to build emotional resilience.

Recovery International (in English) Meetings

Scan the QR Code to register for our self-help meetings.





Self-Care

Body & Mind



Breaking Barriers

There are many cultural barriers surrounding emotional well-being for especially Japanese American families. These barriers can contribute to stigma and prevent individuals from seeking help. Some common barriers include:

- Only "weak" people experience emotional difficulties.
- Seeking support for emotional issues is a sign of weakness and brings shame to the family and community.
- Emotional difficulties are a personal failure or character flaw.
- Seeking self-care support or professional help is expensive and time-consuming.

In reality, emotional well-being is a natural and important part of overall health. Seeking support for emotional difficulties is a courageous and responsible step towards self-care and professional help. Early intervention is crucial to emotional well-being.



Cultural Stigma

Cultural stigma surrounding emotional well-being often becomes a barrier to addressing stress-related symptoms such as anxiety, depression, and anger. First generation Japanese parents and their children often endure in isolation cultural and language barriers making it difficult for family members to talk about their feelings or seek professional help when they need it. Family and social values often prioritize emotional resilience and self-reliance, which can exacerbate the symptoms of stress interfering with the family's daily lives.

It is important to recognize that seeking support for emotional well-being is not a sign of weakness or shame, but rather a brave and responsible step towards improving one's health and quality of life.

By challenging cultural stigma and seeking help when needed, individuals can strengthen their own resilience and positively impact themselves and their families.

Common signs and symptoms of Stress, Anxiety, and Depression

Stress, anxiety, and depression are common experiences that can significantly impact emotional well-being. Some common signs and symptoms include:

- Feeling overwhelmed, irritable, or on edge
- Difficulty sleeping or concentrating
- Loss of interest in activities that were once enjoyable
- Isolating oneself and avoiding people
- Rumination or persistent negative thoughts
- Persistent feelings of sadness or hopelessness
- Physical symptoms such as headaches, stomachaches, loss of appetite, overeating, or fatigue

It is important to recognize these signs and symptoms and seek support when they persist or interfere with daily life.

There are many resources available, including self-help groups, therapy, support groups, and self-care techniques such as mindfulness, exercise, and social support.

Basic Concepts

"TEMPER" HAS TWO FACES

ANGRY TEMPER:

The judgment that the **other person is wrong** or has wronged me.

Some feelings related to Angry Temper:

- Irritation
- Resentment
- Impatience
- Hatred
- Disgust
- Rebellion

FEARFUL TEMPER:

The judgment that **I am wrong**.

Some feelings related to Fearful Temper:

- Worry
- Feelings of Inadequacy
- Hopelessness
- Fear of Damage to Yourself and Your Reputation
- Sense of Shame



Inner and Outer Environment

OUTER (external) ENVIRONMENT

Everything outside of your skin.
You **CAN'T** control these:

- People
- Events
- The Past
- The Future



INNER (internal) ENVIRONMENT

Everything inside your skin.

You **CAN'T** control these:

- Feelings
- Sensations

But you **CAN** control these:

- Thoughts
- Impulses

Feelings

Emotions such as anger, impatience, hatred, fear, worry, embarrassment, shame, and many more. **You CAN'T control your feelings.**

Thoughts

Ideas produced by thinking, such as "This is fun," "He is annoying," and so on. **You can learn to change your thoughts**

Sensations

Physical responses such as blushing, racing heartbeats, tense muscles, teary eyes, and many more. **You CAN'T control these sensations.**

Impulses

What you first want to do, such as punch, run, hug, laugh, yell and so on. **You can learn to control your impulses.**



Trivialities

Trivial events are things that happen in everyday life. They are not right or wrong, they just happen. We give them value with our thoughts, emotions, and actions.

Trivial events may include:

- Obstacles
- Delays
- Inconsiderate people
- Frequent annoyances

Sometimes the small events can get us worked up. When that happens, notice what physical and emotional changes occur and use the tools in this program to replace the insecure thought with a secure thought. Find a tool to help express feelings without temper.

For instance, technology is wonderful, until it doesn't work! Problems with our computer or cell phone are common, average issues and usually trivial ones in the greater scheme of life. We recognize our jaw is clenched, palms are sweaty, and heart is racing. We could apply the tool "We can't control the outer environment" to realize we can't control the computer and this is an average event.

These symptoms are distressing but they are not dangerous. By learning to manage our reactions to small, everyday occurrences, we become more resilient to them. The ability to overcome the small things can help us deal with life's larger issues if and when they occur.



The Power of Self-Endorsement

In the Japanese culture, we often do not endorse ourselves. Rather, we look for endorsements from the outer environment. Self-endorsement is praise we give ourselves for the effort, not just the result. It's like patting ourselves on the back.

- Self-endorse for the smallest effort or control.
- Self-endorsement leads to self-respect.
- Self endorsement creates confidence and calm.
- We refrain from condemning your failures.

**One Self-Endorsement
is worth 1000's of
endorsements from the
outer environment.**

Endorse, endorse, endorse!



What to Expect at Recovery International and 1000 Cranes for CALM Meetings

Recovery International meetings (in English) and 1000 Cranes for CALM (in Japanese) meetings are online self-help meetings. We base our meetings on Dr. Abraham Low's cognitive-behavioral training method. Dr. Low's self-help method has served more than 68,000 Recovery International participants. Dr. Low's method teaches self-management techniques and coping strategies for fear and anger using principles of cognitive-behavior training.

The following practices are implemented:

- The content of the meetings is kept confidential. Recording is not permitted.**
- Online meetings typically last for 1 to 1.5 hours.**
- Trained volunteers lead the meetings.**
- 3-4 participants take turns practicing Dr. Low's method.**
- Advice, criticism, judgment, analysis, and negative comments are not allowed.**
- Discussions about politics, religion, diagnosis, legal or social issues, and sex are avoided.**
- Always maintain respect for all participants.**
- First-time attendees are welcome to participate as observers only.**



Reading: Frustration is Common

We all have frustrations and disappointments on a daily basis. We often feel dissatisfied with what we do and say. We sometimes feel that we, or others, can do better. Many people are not satisfied with their work, with their conduct or their accomplishments.

Since everyone is frustrated at some point in life, frustration is average. Not only is frustration average, but it is common throughout our lives.

What we practice doing is holding down the frustrations to a low level so that they do not overwhelm us.

There is a simple way to hold down frustrations:

“When we deal with everyday life, with routine happenings, don’t believe that they are emergencies.”

Real emergencies happen very rarely in life. Nevertheless, we can have big disappointments from trivial events. Little things that turn into big frustrations are common—the TV doesn’t work, our friend is late coming over, or someone talks about us behind our backs. These events should not cause us to be severely disturbed. With practice, we learn to apply tools and not work it up.

If we think of every event as an emergency, then we work ourselves up, and become angry and anxious. Frustrations and disappointments can become too much to bear. We must understand that frustration is average and happens all the time. We become miserable if we treat frustrations and disappointments as emergencies. It is important to change the belief that life is full of emergencies. Frustrations can be tolerated and are average.

Reading based on Chapter 9 of *Manage Your Fears, Manage Your Anger* by Dr. Abraham Low.

5 Steps to CALM

STEP 1 EVENT: Report a single situation or event that occurred-an everyday event when you began to work yourself up. Focus on a brief description of what happened: specifically, what triggered temper and symptoms?

STEP 2 SYMPTOMS: Report the symptoms you experienced-both physical and mental. (*For instance, angry and fearful thoughts, confusion, palpitations, disturbing impulses, tightness in your chest, lowered feelings, sweaty palms, and so on.*)

STEP 3 SPOTTING: Report your spotting of fearful and angry temper, the Recovery International (CALM) tools you used to help yourself, and your self-endorsement for your effort.

STEP 4 OUTCOMES: Begin with "Before I had my Recovery (CALM) training", and describe the temperamental reaction and symptoms you would have experienced in former days. What would have happened then versus what happened now? (This will help you to note the progress you have made.)

STEP 5 BUBBLE: This step is the same as Step 3 except the Giver of the example does not participate and the other participants report the RI tools the Giver might have missed.

RI Tool List

1. **After the initial startle, then work yourself down.**
2. **Anticipate calmly.**
3. **Assert yourself without temper.**
4. **Bear discomfort and comfort will come.**
5. **Be group-minded not self-minded.**
6. **Be satisfied with small gains.**
7. **Be self-led, not symptom-led.**
8. **Clam begets calm, temper begets temper.**
9. **Carry the inner smile of self-approval.**
10. **Change your insecure thoughts to secure thoughts.**
11. **Choose peace over power.**
12. **Command your muscles to do what the brain fears to do.**
13. **Control your speech muscles.**
14. **Decide, plan, and act.**
15. **Do the things you fear or hate to do.**
16. **Drop the judgment.**
17. **Drop your excessive sense of responsibility.**
18. **Endorse for each effort, not just the outcome.**
19. **Endorse rather than indict yourself and others.**
20. **Every act of self-control leads to a greater sense of self-respect.**
21. **Excuse, don't accuse others or yourself.**
22. **Face, tolerate and endure discomfort.**
23. **Feelings and sensations cannot be controlled, but thoughts and impulses can.**
24. **Feelings should be expressed and temper suppressed**
25. **Have the courage to make mistakes in the trivialities of everyday life.**
26. **Have the will to effort, not the will to comfort.**
27. **Have the will to persevere.**
28. **If you can't decide, any decision will steady you.**
29. **If you lower your expectations, your performance will rise.**
30. **Impulses can be controlled.**

31. It takes two to fight, one to lay down the sword.
32. Let go of wanting to please everybody.
33. Long-range goals call for patience and perseverance.
34. Objectivity can wipe out emotionalism.
35. Remove yourself from a tense and provoking situation.
36. Replace an insecure thought with a secure thought.
37. Self-endorsement creates a feeling of security.
38. Self-endorsement leads to self-respect.
39. Spot "imagination on fire."
40. Spot "racing thoughts."
41. Spot what is average.
42. Strive for peace, order and calm.
43. Symptoms can be patiently borne, bravely faced and humbly tolerated.
44. Take a total view rather than a partial view.
45. Take secure thoughts.
46. Thoughts and impulses alone are subject to control.
47. Thoughts can be suppressed, dropped or changed.
48. To stop an impulse, command your muscles not to act.
49. Treat mental health as a business, not as a game.
50. Try, fail, try, fail, try succeed!
51. Until you regain control "wear the mask."
52. Use motionless sitting.
53. We can break old habit patterns.
54. We can decide which thoughts to think.
55. We can decide which words to use.
56. We can only control our inner environment's reaction to outer environment.
57. We cannot endorse and indict ourselves at the same time.
58. We endorse even our smallest efforts.
59. When feeling overwhelmed, do things in part acts.
60. You can't change a situation, but you can change your attitude towards it.

Resource List for Japanese American Community

- [https:// www.asianmhc.org/therapists-us/](https://www.asianmhc.org/therapists-us/)
- NAMI Helpline (800) 950-6264
- 988 - Suicide & Crisis Life
- LA County Dept of Mental Health resource and support, 24/7, 800-854-7771
- <https://www.psychologytoday.com/us/therapists/>
- NAMI South Bay, JSSG Nagahata, Naoki 310-344-9274
- Ltsc.org Little Tokyo Service Center 213-3035, Ayumi Omoto
- Asian Pacific Counseling and Treatment Center, Noriko Kajiwara 213-525-2122
- DMH Coastal API Family Center, Gardena, 310-217-7312, Yuko Oshita (Occupational Therapist)
- 1000cranesforrecovery.org
- recoveryinternational.org
- 日本語のミーティング参加ご希望の方はQRコードをクリックして千羽鶴会 for CALMに登録してください。



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