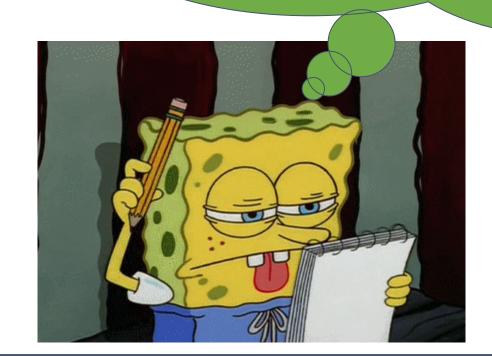
Grounding & Mindfulness Meditation For Stress and Burnout 8 Sessions ~Presented by Lost Sheep Homecoming Ministry~

Learning Objectives:

This initial curriculum is focused on understanding and accepting what we are experiencing internally and externally on a personal, cultural, and psychological level, which is the foundation of practicing grounding & mindfulness meditation.







Session #1

<u>Understanding the psychosocial context of immigration-related challenges</u>

Displacement

Legal status

Language barrier

Cultural conflict

Socioeconomic status

Neighborhood safety

Exposure to violence and discrimination

Physical health

Mental health

Public health

Immigration Stress

Economic Stress

Occupational Stress

Educational Stress

Marital Stress

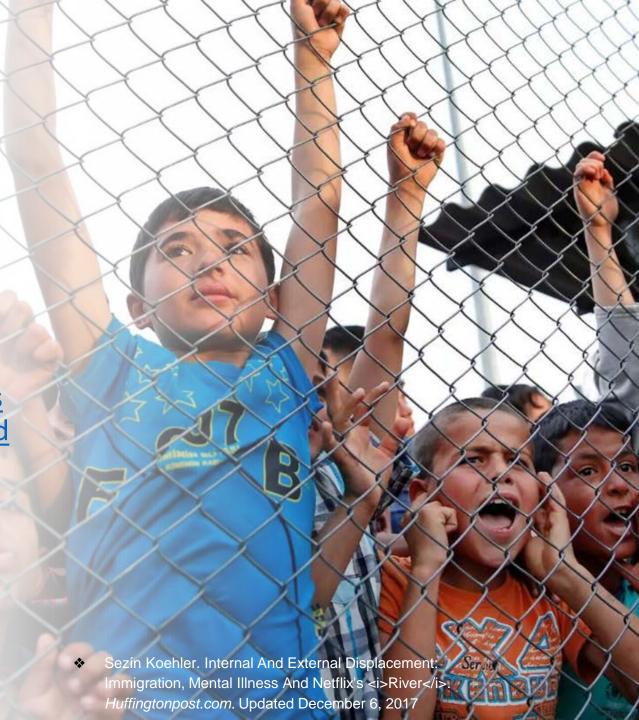
Parental Stress

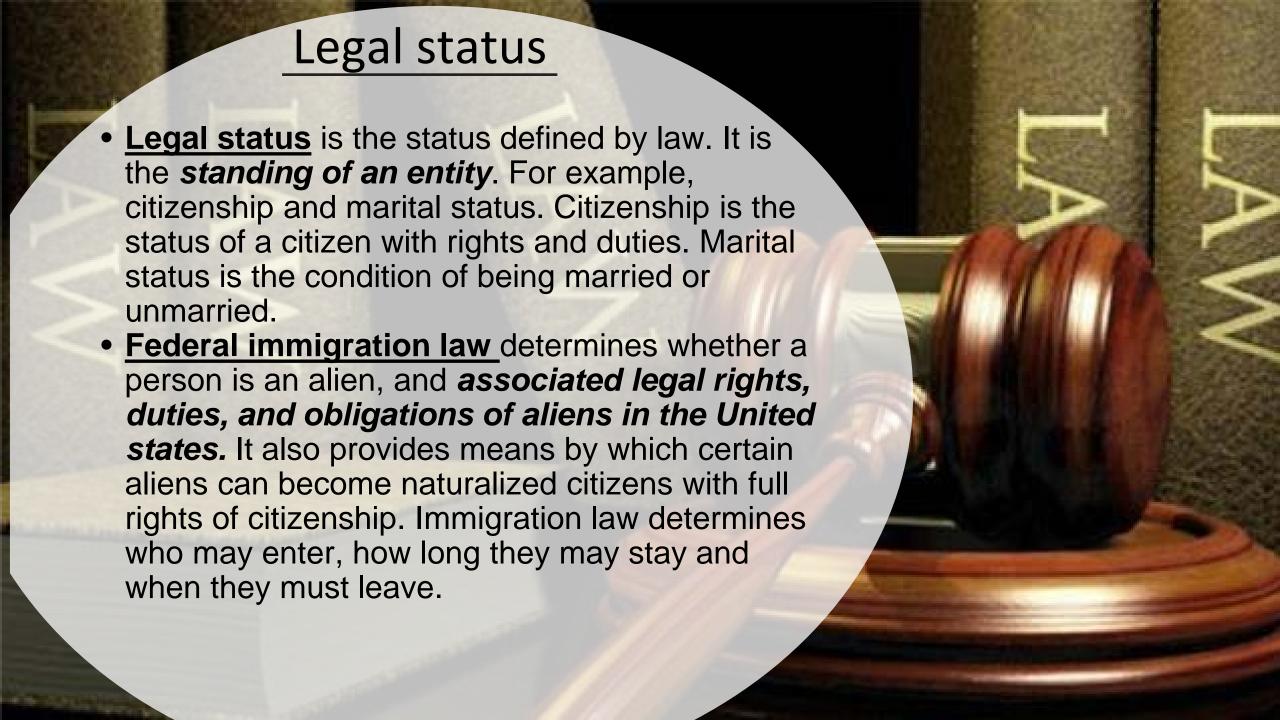
Acculturative stress

Displacement

- Immigration doesn't only externally displace a person from familiar surroundings, language, and culture, it also internally displaces us into a cultural and linguistic limbo that at times can be a horror to navigate.
- Lives become split into befores and afters, and even if you inhabit a closely-knit immigrant community, immigration forces us into liminal existences often on the social and cultural margins that create perceived differences between us and them, and even causes ruptures between us and the homeland that grow more and more apparent the longer one lives outside.

Liminal - occupying a position at, or on both sides of, a boundary or threshold.



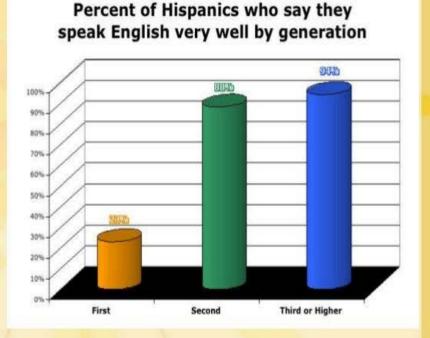


Language barrier

a barrier to communication between people who are unable to speak a common language.

Language barriers

- Many, but not all, Hispanic families have limited use or understanding of the English language
- Fluency depends heavily on if a person is native or foreign born and to which generation they belong

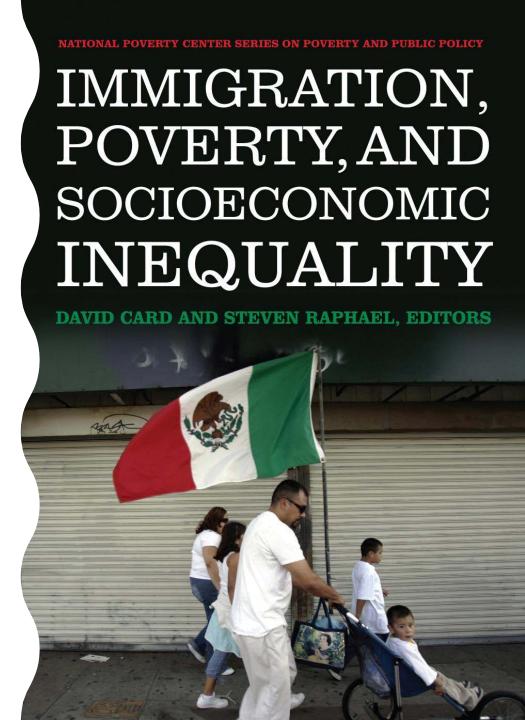


Pew Hispanic Center. English Usage Among Hispanics in the United States 2007. http://pewhispanic.org/
Fluency in English Increases by Hispanic Generational Status, New Report Claims. 11/30/07
http://www.nshp.org/



Socioeconomic status

 Socioeconomic status (SES) is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others.



Neighborhood safety

 Even at the neighborhood level, communities with larger immigrant populations have lower crime rates. One study found that people living in Chicago neighborhoods in 2005 with at least 40% immigrants were 80% less likely to experience violence than people living in neighborhoods with no immigrants. 25)



Exposure to violence and discrimination

 Discrimination has been identified as a major stressor and influence on immigrant health. This study examined the role of perceived discrimination in relation to other factors, in particular, acculturation, in physical and mental health of immigrants and refugees.



Physical health

 Recent changes to immigration policy, with a focus on enforcement and reducing immigration to the United States, have important health impacts for immigrant families across the life course.



Mental health

Immigrants, Those with serious mental illness are groups most likely to be seen experiencing discrimination.



Public health

 For immigrants, the consequences of such aversion can be dire: By avoiding or delaying preventative care, immigrants put themselves at risk of more severe and costly longterm illnesses. Immigrant access to quality health care is often impeded by a variety of linguistic, socio-economic and even environmental obstacles.



Immigration Stress

 Immigration is a very stressful experience. Each immigrant will experience the stress in a different way – for some the stress will be more and for some much less.

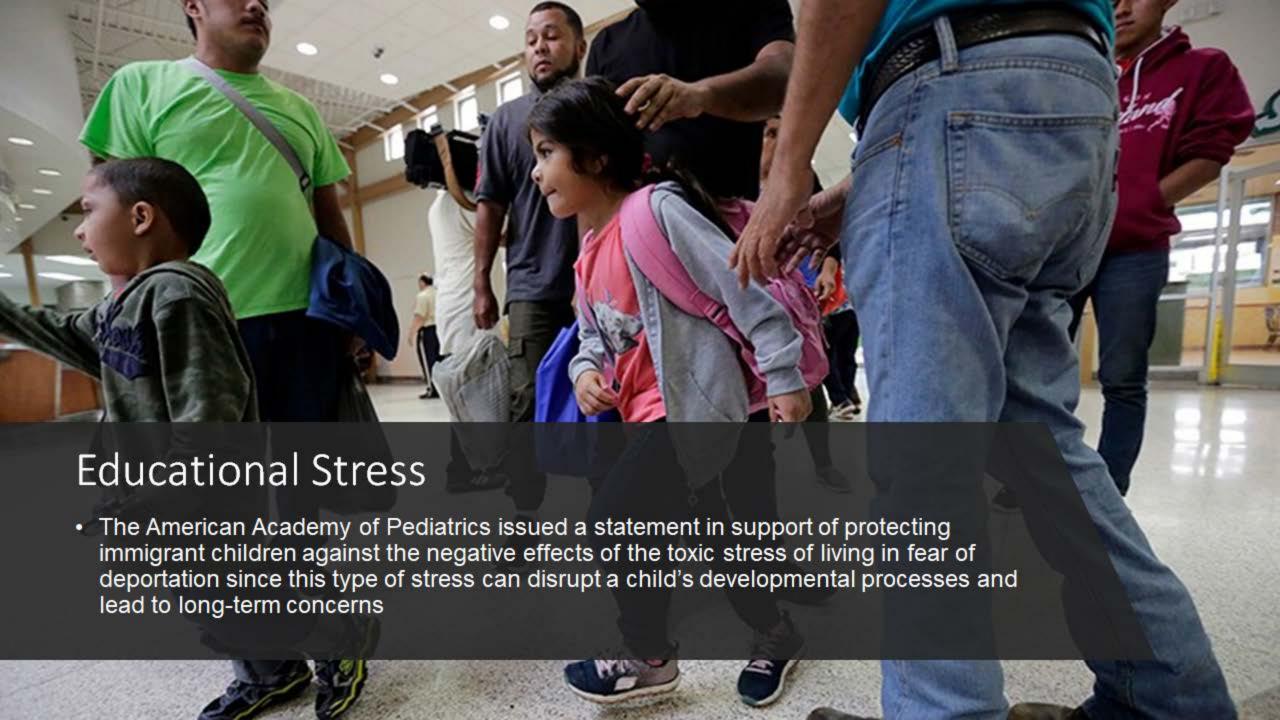
The children of immigrants also experience heightened stress, and many suffer with anxiety symptoms as they constantly worry about the potential deportation of their immigrant parents or their immigrant parents' pending visa applications



Acculturative stress

- Why is acculturation so stressful for new immigrants?
- For some immigrants, this process can be swift and easy, but for many immigrants acculturation can be extremely stressful. Factors that may contribute to this stress include language barriers, financial struggles, changing gender roles and downward social mobility in their adopted homeland.





Economic Stress

- How many immigrants live below federal poverty level in the United States?
- In 2018, the <u>federal poverty income</u> <u>threshold</u> was \$25,465 for a family of four with two children, and \$17,308 for a single parent of one child. If a family's total income is less than the corresponding threshold, then that family and every individual in it is considered in poverty. An individual is considered in poverty if their income within the last 12 months was below poverty level.

