

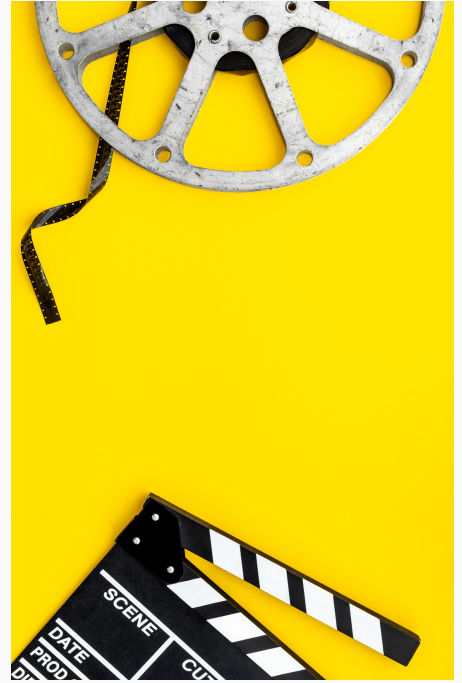
CENTER STREET CENTER

Summer is a season that brings with it a sense of warmth, relaxation, and a myriad of possibilities. It's a time when days stretch out longer, school is out, and the sun's golden rays beckon us outdoors to embrace the joy of the season.

However, summer is also a perfect time to indulge in one of life's greatest pleasures: movie time.

As the temperature rises and the evenings grow balmy, there's something magical about settling into a comfortable seat in a cool, dimly lit theater or gathering with friends and family for movie night under the stars or curled up on the couch with a bowl of popcorn and a selection of beloved or newly found films.

Movies have the power to transport us to different worlds, evoke a range of emotions, and ignite our imaginations. This month, we're going to explore some of our top favorite movies related to one's emotional and mental health.



LETTER FROM THE DIRECTOR



I love movies! Growing up, I wasn't allowed to watch much tv and to this day, I find it an annoying waste of time - for the most part. But movies are my jam. I watch at least one movie each week. In fact, I used to teach a movie class in a graduate psychology program. Why? Well because movies often depict our emotions in a way that helps us understand how we're feeling and also make us feel less alone. And of course watching a movie about someone with a particular disorder is way more interesting than reading about it in a book! Although we did that, too. Read more about how movies can help you.

En buena salud! In good health Dr. Tracy E. Hill

Did You Know?

Movies have a unique ability to portray complex emotional problems and offer insights into the human condition. They can provide us with a deeper understanding of various emotional struggles, as well as the factors that contribute to them. Here's how movies help us understand emotional problems:

Emotional Representation: Movies often depict characters experiencing a wide range of emotions. By observing these emotions in a visual and narrative format, we can witness the nuances of emotional experiences and gain a greater understanding of how they manifest in different contexts.

Empathy and Identification: Movies allow us to empathize with characters and see the world from their perspective. When we relate to a character's emotional journey, it can help us recognize similar emotions within ourselves or others. By identifying with fictional characters, we can gain insights into our own emotional struggles and those of people around us.

Storytelling and Narrative: Movies often weave intricate narratives that explore the complexities of emotional problems. Through storytelling techniques, such as character development, plot arcs, and conflicts, movies can shed light on the root causes, consequences, and potential resolutions of emotional struggles. This narrative structure helps us see emotional problems in a broader context and comprehend their complexities.

Portrayal of Mental Health: Many movies delve into mental health topics, portraying characters dealing with issues such as depression, anxiety, addiction, trauma, and more. These portrayals can provide valuable insights into the experiences of individuals grappling with these conditions, helping us develop empathy, reduce stigma, and increase our understanding of mental health challenges.

Symbolism and Metaphor: Movies often utilize symbolism and metaphorical storytelling to convey emotional problems indirectly. Symbolic representations can make complex emotions more tangible and accessible, enabling us to grasp abstract concepts and hidden layers of meaning. Metaphors can bridge the gap between intellectual understanding and emotional connection, enhancing our comprehension of emotional struggles.

Catharsis and Emotional Release: Movies have the power to elicit strong emotional responses from us. By witnessing characters undergo emotional challenges and triumphs, we can experience catharsis—an emotional release and relief that comes from empathizing with their journeys. This cathartic experience can help us process our own emotions, gain perspective, and find solace or inspiration in the resolution of fictional emotional problems.

Conversation Starters and Dialogue: After watching a film that explores emotional struggles, we can engage in conversations with others, sharing their interpretations, personal experiences, and insights. These conversations contribute to a broader collective understanding and promote empathy, compassion, and support for individuals facing emotional challenges.

Our Top Summer Short List for Movies

Young Children: *Inside Out* (emotions), *Encanto* (generational trauma, family pressures), *Mitchells vs the Machines* (family relational issues, overuse of technology), *Ron's Gone Wrong* (friendship, being different, pressures to be popular, being your authentic self)

Teen/Young Adult: *The Perks of Being a Wallflower* (trauma/mental health), *Eighth Grade* (social anxiety, self image), *Lady Bird* (identity, depression, pursuit of dreams), *The Edge of Seventeen* (friendship, mental health, and *A Silent Voice* (bullying and redemption).

Adults: *Still Alice* (alzheimer's), *Silver Linings Playbook* (mental health, human connections), *The Color Purple* (surviving lifelong trauma), *Divine Secrets of the Ya Ya Sisterhood* (adult child of parent with mental health issues), *Gaslight* (1944 and remake 2023 how the term gaslighting originated), *Beautiful Boy* (addiction), *500 Days of Summer* (how perceptions guide thoughts and actions)