



NYU STEINHARDT
**Applied
Psychology**
Undergraduate

Movies for Mental Health

Connecting with Ourselves and
Others Through Short Films
About Mental Health



Please sign in!

@artwithimpact
#moviesformentalhealth



meet your facilitator

Jules Plumadore (he/they)



- Community-based mental health & social justice
- Ohlone Land (Oakland, CA) with partner & dog, Arvo
- Movies, music, games



brought to you by...



- **Campus workshops**
- **Short film competitions**
- **Short film production grants**
- **Global community**

AMERICAN
PSYCHIATRIC
ASSOCIATION
FOUNDATION



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MHSOAC
Mental Health Services
Oversight & Accountability Commission



land acknowledgement

We invite you to join us in acknowledging the Lenape community, on whose land NYU makes its home. We at NYU Steinhardt acknowledge the contributions of all Indigenous people and their continuing struggle to dismantle the ongoing legacies of settler colonialism.

To learn more about the Lenape peoples, please visit the Lenape Center's website, Instagram page, and Facebook page - links can be found on Steinhardt's Office of Diversity, Equity, and Belonging webpage.

<https://thelenapecenter.com/>



here's the plan

- Setting the scene together
- Watch and discuss films, connect our minds and bodies
- Panel of students and resources
- Evaluation (and a chance to enter to win \$25!)
- Mingle / Q&A



heads up

- **Mental health** is personal – YOU are the expert on your own experience
- This is a public, shared space
- Some **photos** will be taken during the panel - please let us know if you are not comfortable with that
- Please **take care of yourself and others** however you need, including asking for help



In Just a Few Words...

What has self-care been looking like for you these days?

- Watching cartoons
- Self-discipline -put things away and focus on what makes me happy
- Meditation
- Walking at night with friends
- At least 1 night of solid sleep a week!



MENTAL HEALTH





Mental illness

Mental wellness



MH Across Cultures

Across different cultures and languages, people talk about and explore mental health in multiple ways.

In just a few words, please share:

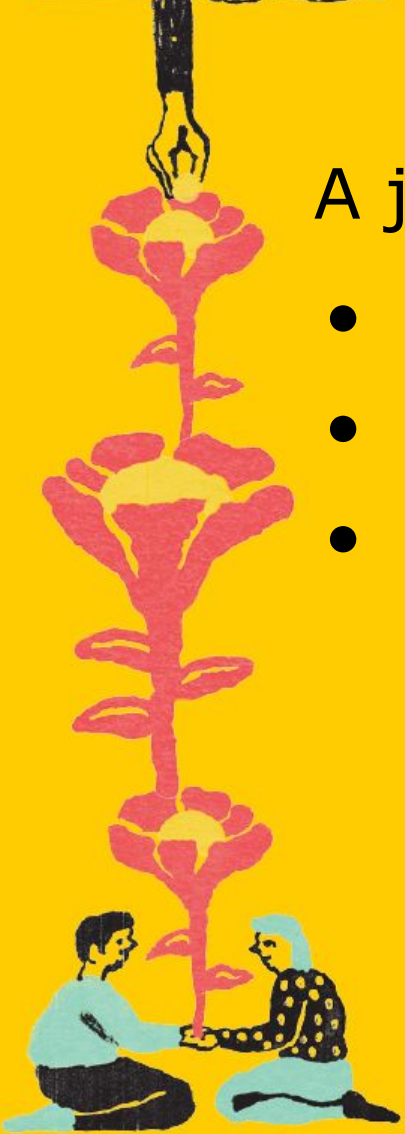
How have you experienced the concept of "mental health" within your own cultural communities?



What is stigma?

A judgment or stereotype that is:

- Always negative
- Always untrue
- Can be internalized





The Otter

By Randy Kelly
Voices With Impact 2023



CONTENT HEADS UP
Discussion of ADHD,
Suicide, Depression, Burnout





IN PAIRS...

**How does stigma affect
the way we see
ourselves?**





SHARE WITH US:

How does stigma affect the way we see ourselves?

- Creating a negative standard for myself
- Shuts down vulnerability and openness
- Creates standards about how people “should” be or behave
- Can restrict people’s resources to look for help



What makes it challenging to find balance in life?

- Studying vs. social life - comparing myself to others
- Sustainability- prioritizing what serves me best
- Challenging to sit with myself
- “Should” statements
- Setting unrealistic goals for myself





Breathing Exercise





Self Reflection

**How was this breathing
exercise for you?**





Are You Hungry?

By Rachel Rose & Belen Garcia
VWI Winner, 2023



CONTENT HEADS UP
Depiction of Abuse,
Strong Language, Brief Vomiting





IN PAIRS...

**What holds us back
from reaching out for
help?**

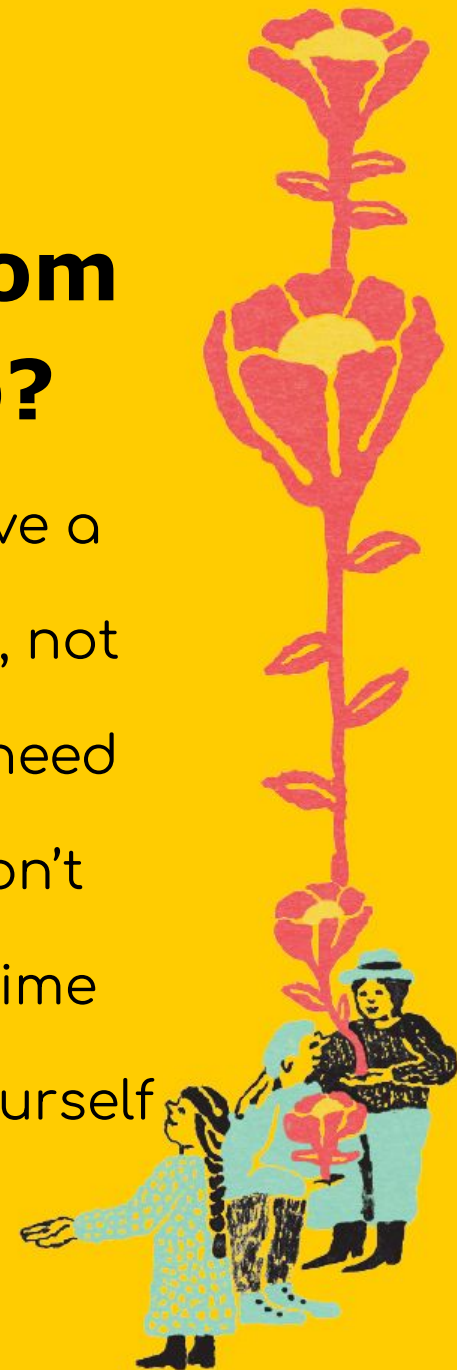




SHARE WITH US:

What holds us back from reaching out for help?

- Not wanting to acknowledge you have a problem
- Being intimidated by people around, not being judged
- I already know what's wrong, I don't need someone else to tell me
- Feeling disappointed in yourself - don't want others to see that
- If you live with the issues for a long time you become desensitized to them
- Feeling boxed into one version of yourself



What motivates you to reach your goals?

- My family - we inspire each other
- Proving people wrong
- My peers and my friends - I still look inward to myself for motivation
- Deadlines
- Balance between internal and external motivation



Body Scan





Self Reflection

**How was this body scan
for you?**





Out Beyond

By Salman Alam Khan
Voices With Impact 2023



CONTENT HEADS UP
Cultural Expectations



What do you need to create space for in your life?

- Working out and more time listening to music
- Dance
- Engaging with healthier forms of media
- Engage in my passion more - playing music
- Finding a community I can speak with without thinking
- Gratitude
- Patience



How can we support ourselves and others?

- Empathy
- Be more empathetic to parents
- Take risks for self and other people





panel

Round of applause for our panel!



meet the panel

Izzah Nazir (she/her)

Student Panelist

Annabelle Lesser (she/her)

Student Panelist

Lavishka Rohira (she/her)

Student Speaker

Mary Carolonza (she/her)

Student Panelist

Riya Gupta (she/her)

Student Panelist



meet the panel

Dezra Lloyd (she/her)
Student Panelist

Wallington Lin (he/him)
Student Panelist

Dr. Linnie Green (she/her)
Campus Resource details

Sarah Kearney, LCSW (she/her)
Campus Resource details



Panel Q&A

Ask a question or share a thought!



Please fill out the survey!

You can enter for a chance to win a \$25 gift!

If you are receiving credit for attending this workshop, at the end of the evaluation, you'll be prompted to add your information to a sign-in sheet.

Evaluation responses will remain separate and anonymous.

info@artwithimpact.org

[@artwithimpact](https://www.instagram.com/artwithimpact)

www.voiceswithimpact.com

bit.ly/NYU-M4MH-survey





Stay in touch!

*Don't forget to sign
in if you haven't!*

