

# WHEN YOU'RE READY

Cultured Space Monthly Newsletter



## BLOOMING SEASON

### Cultured Space Team

As the spring come bursting onto the scene, we hope that growth is also happening for you, too! In this month's newsletter, take a peek at the latest blog posts we have to offer! This month we talked more about culture, anxiety, representation, and objectification. We hope these topics resonate for you and that you're able to take something away from each. We also have a brand new quiz for you to take to learn a bit more about yourself!

At Cultured Space, our virtual therapists and staff are ready for you when you are.

## CREATIVE CONTENTS

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### New Blog Posts

Discrimination is Trauma  
Morning Anxiety: Why it Happens and  
Ways to Decrease It  
Therapist Thoughts: Why Disney Pixar's  
Turning Red is So Important  
The Silent Struggle: The Objectification  
of Gay Men

### Communicator Quiz

What type of communicator are you?

### Questions for You

A reminder to take with you

# NEW BLOG POSTS

## Discrimination is Trauma

When people think about trauma, what often comes to mind is exposure to war, intimate partner violence, or car crashes. Trauma, however, can be more subtle but just as harmful. A car accident is a single moment in time that can lead to broken bones, scar tissue, and fears of getting behind the wheel. Discrimination, however, may be a lifetime's worth of mental and emotional cuts and bruises that are inflicted upon an individual. Every. Single. Day. In this blog we talk about what Psychology knows about discrimination, its impacts on mental health, and ways to challenge and cope with it. [read more](#)



### Journaling question:

What cultural identities (race, ethnicity, gender, sexual orientation, religion, disability, etc.) do you have that are important to you?

When we reflect on how deeply personal and important these identities are for us, we can start to form empathy and understanding for those who hold a different constellation of identities. When any or all parts of ourselves experience discrimination, it can be a painful experience. It is from these same communities, however, that we draw on strength and support.

## Morning Anxiety: Why it Happens and Ways to Decrease it

Do you wake up in the morning feeling anxious and stressed? If so, you're not alone. Morning anxiety is a common problem for many people. Morning anxiety can often feel confusing because we haven't even started our day yet and we're already feeling overwhelmed. In this blog, you'll learn more about how to ease yourself into your day and soothe the anxious feelings. [read more](#)

# MORE NEW BLOG POSTS

## Therapist Thoughts: Why Disney Pixar's Turning Red Is So Important

Meilin "Mei Mei" Lee is a 13-year-old Chinese Canadian girl in Toronto who is navigating two important identities: her Eastern and Western. This is a dilemma that many in the Asian diaspora have felt, and one that ties together a struggle that is wrapped beautifully in a movie about a fluffy red panda. This coming-of-age story impacted the hearts of many, and as an Asian American therapist, my thoughts ran with it. In this blog, you'll learn more about what one therapist has to say about the experience of growing up Asian American. [read more](#)



### Journaling Question:

What was the first character or show or movie when you first felt represented? What was it like for you to see it?

Folx with oppressed or marginalized identities rarely get to see themselves on the big screen. When it finally happens, it can mean so much to the community. It means even more when it shows the nuances of what it's like to grow up with those identities without the lens of stereotypes muddying the image.

## The Silent Struggle: Objectification of Gay Men

There is a silent struggle happening among gay men. A struggle that is not often talked about or acknowledged. This struggle is with eating disorders. Gay men are 2-3 times more likely to develop an eating disorder than heterosexual men, and yet this fact remains largely hidden from the public eye. The root of these eating disorders can be traced back to issues such as objectification and body image insecurity. In this blog post, we will explore these issues in more depth and discuss what we can do to help those who are struggling. [read more](#)

# COMMUNICATOR QUIZ



## Reflection Time

Where do you think your style of communicating came from?

What kind of communication do you like to receive as a listener?

Who in your life do you have the easiest time communicating with? What about the hardest?

Communicating your needs to other people can be very challenging, especially when you haven't seen models of communication that were healthy and clear when you were young. Some of the styles that we see are actually not very effective and can be harmful...and you're not alone in witnessing that.

**It can be hard to say what you need.** Asking for what we need puts us in a very vulnerable position, especially because we live in a society that shames it. We might beat around the bush, get angry and the person we're communicating with, or try to avoid the conversation all together. Let's be real: we all have needs and it's okay to say what they are.

**Listening is equally as important as speaking.** Communication is the back-and-forth action of speaking and listening. Listening engages body language that also communicates to the other person that we are understanding what is being said. We know it can be challenging, especially when we have a lot of things to say (or if we never grew up with the space to speak our thoughts).

With these two things in mind, take a peek at our quiz and try to answer honestly!

[Click here to take the quiz!](#)

# QUESTIONS FOR YOU

## What do you want to see in our next newsletter?

Feel free to [contact us](#) on our website and let us know what you want to see more of in our next newsletter! You can also DM us on Instagram or Facebook and let us know what you think!

## Are you or a friend looking for therapy services?

Cultured Space is currently taking new clients and would love to be a support for you. You can set up a [free consultation](#) to learn about our therapists and services. If you already have a therapist in mind, you can also [schedule your first appointment](#) with one of our clinicians!

## Are you looking for more resources?

The team at Cultured Space is working to create accessible content to connect as much as we can! Some of this content includes quizzes, blogs, and our social media pages on Instagram and Facebook. Check out our website's [Resources and Blogs](#) page to stay up-to-date about the latest news, topics, and more. You are also welcome to [follow us on Instagram](#) and [like our Facebook page](#) to keep up with Cultured Space!

-Cultured Space Team