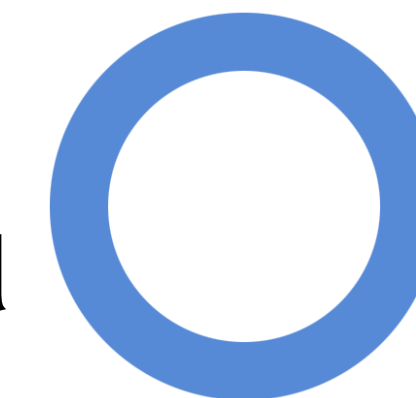


Joslin Diabetes video series
Asian American Diabetes Initiative

Tiffany Su
Memorial Fund



Let's Talk About...

Ep #2 *“Physical and Emotional Stress with
COVID-19 and Anti-AA Crimes”*

November 2021

Joslin Diabetes Center Asian American Diabetes Initiative (AADI)

Julia Li

Asian Clinic Coordinator

Joslin's Asian Clinic

- Provides care & education tailored specifically to Asian population
- Promotes diabetes screening & education in the Asian communities

Julia's role

- Helps patients with referral, appointments, insurance, etc.
- Speaks English, Cantonese, and Mandarin!



Dr. Persis Commissariat

Clinical Psychologist



About Dr. Commissariat

- Provides behavioral health care and support to children, teens, young adults and families living with diabetes
- Certified Diabetes Care and Education Specialist
- Has lived with type 1 diabetes for 20+ years

Topics

Let's talk about...

- **COVID-19**
 - Stress of living through a pandemic
 - Uncertainty of the future and anxiety that comes with it
 - Vaccinations and boosters
- **Anti-Asian American Crimes**
 - Worries about you and your loved ones
 - How we can empower ourselves

Worries around COVID-19

Steps to take and consider

- Wear a mask indoor
- Practice personal hygiene
- Get COVID-19 vaccine
- Find more effective ways to express your worries and beliefs to others

Anti-Asian American Crimes

Affecting how we feel about our everyday lives

- Misplaced blame is too common
- Worries about the safety of you and your loved ones out in public
- Silent judgement
- Feeling helpless

Fear of going out in public

A problem-solving approach

1. Identify the SPECIFIC problem you fear in this situation
2. Determine what would make you feel better about this situation or what would need to change
3. Brainstorm some potential solutions to reduce or solve that problem
4. Choose and try one solution you came up with
5. Re-try solutions as needed

Identify your worries

What specific things do you worry about?

Support is essential for managing worry

Brainstorm with someone else

- Worry about something that may happen to you or you have experienced in the past?
- Talk about it with friends, family, or your providers who can help identify

We are here!

Available help & resources

More on mental wellness, resources, numbers to call

- Check “free resources” - “Happiness & Health” on our multilingual website AADL.Joslin.org

Questions? Suggestions for future topics?

- Email us at aadi@joslin.harvard.edu

New patient request at Joslin’s Asian Clinic

- Call Julia Li at **617-309-3444** *leave a message for appointment information