

Your World, Your Money

A GLOBAL THINKING FOUNDATION USA PODCAST

Social Media's Influence on Mental Health Awareness:

- On social media, therapists and psychologists like Amy break complex topics down into tidbits, bringing research and information often hidden behind paywalls to popular culture and introducing more vocabulary and means for understanding mental health.
- Content creation by therapists and psychologists confronts an issue within private and public mental health-care, which often has unaccounted for barriers of access. It introduces to those unable to access traditional mental health models a means for coping and articulating needs.

Normalizing Mental Health:

- Having worked primarily with teenagers, Amy has noticed how younger generations are more willing to engage in mental health care. As patients, they are also knowledgeable and self-aware in the process due to engaging with mental health content on social media.
- Normalizing topics of mental health and mental health practitioners on social media has ultimately enabled younger generations to more comfortably discuss and destigmatize their desire for mental health care.

Additional Takeaways From Amy:

- As a practitioner, Amy emphasizes the "mind body connection." Not just simply prioritizing thinking and feeling, but understanding its' relation to the body. "Before you can sooth the mind, you have to soothe your body." Check-in and notice how your body feels!
- Amy will be releasing, "This Book Is A Safe Space," a guide using cute doodles to help take control of thoughts and emotions with psychology-based coping skills, in Spring 2022. [Pre-order now!](#)
- Feel free to also visit Amy's content [@doodledwellness](#) on IG and [doodledwellness.com](#)

Season 3, Episode 11:
The Future of Mental Health

Guest: Amy Tran of @DoodledWellness

