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# 6 HABITS THAT SUPPORT MENTAL WELLNESS

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BUILD A HEALTHY  
BODY FOR A  
HEALTHY MIND



FIND GENUINE  
CONNECTION WITH  
OTHERS



GROW YOUR  
MINDFULNESS  
PRACTICES



DRAW BOUNDARIES  
WHEN YOU NEED TO



PRIORITIZE YOUR  
MENTAL HEALTH BY  
STARTING THERAPY



ESTABLISH A  
LEARNING  
PRACTICE





# COVER FEATURE

Photos By @CourtneyRPhotos  
Featuring Model @Vintage\_Nuance  
Wings & Skirt by @HelloFaerie  
at @NorthLightPhotoStudio

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Culture is often described as the combination of a body of knowledge, a body of belief, and a body of behavior. It involves several elements that are often specific to ethnic, racial, religious, geographic, or social groups. Culture has a significant impact on both diagnoses and treatment options, primarily because of different social beliefs, but also because of biological factors. In order to improve the care of patients in general, health care providers should be aware of cultural influences.



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Fashion is a powerful social and cultural force that enables creative expression and communication among individuals, communities, and whole nations. In the new world of fashion, there are three main cultural sources that influence designers.



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Art Title | "But, how did it get here?!"

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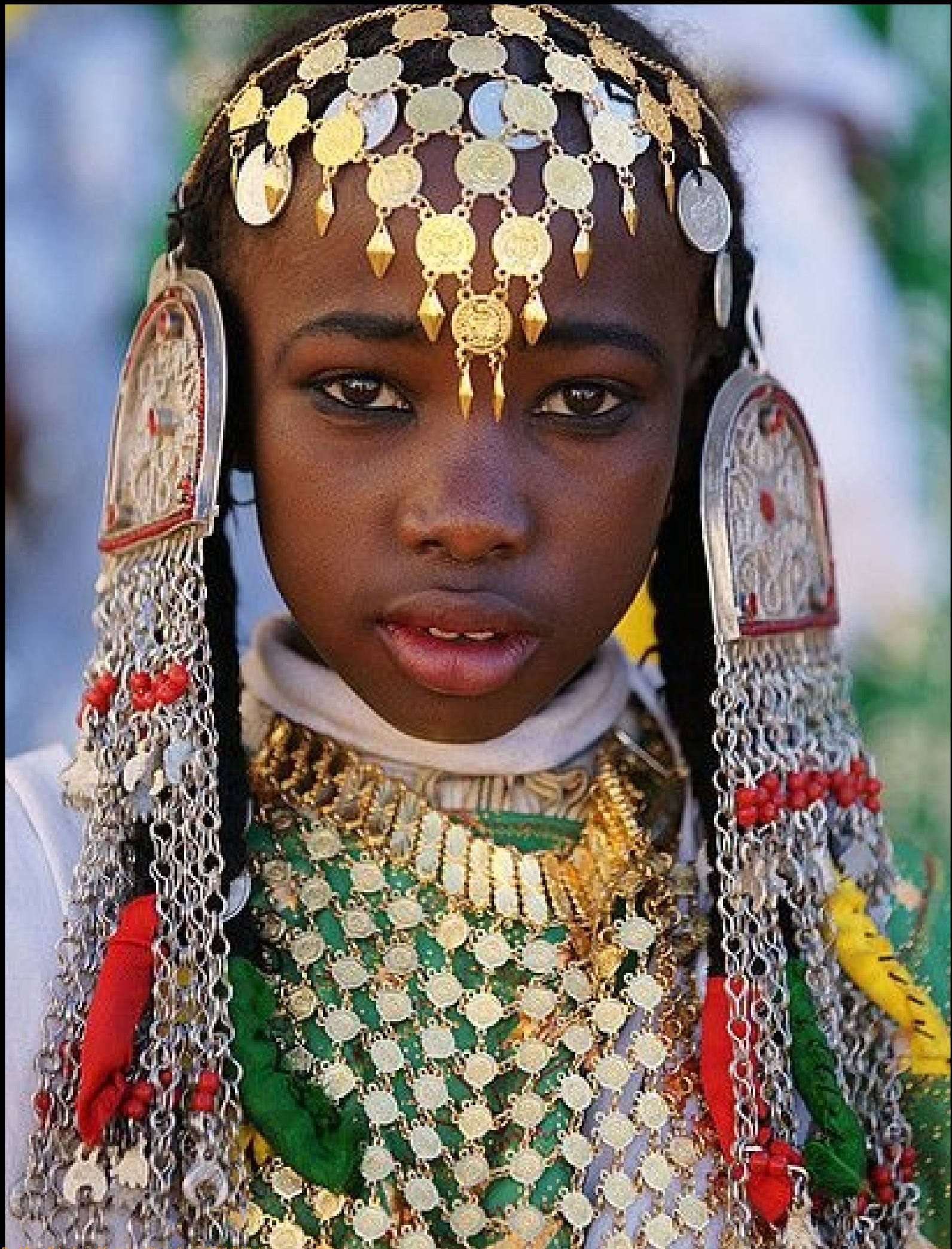
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Art Title  
"Red Marble"



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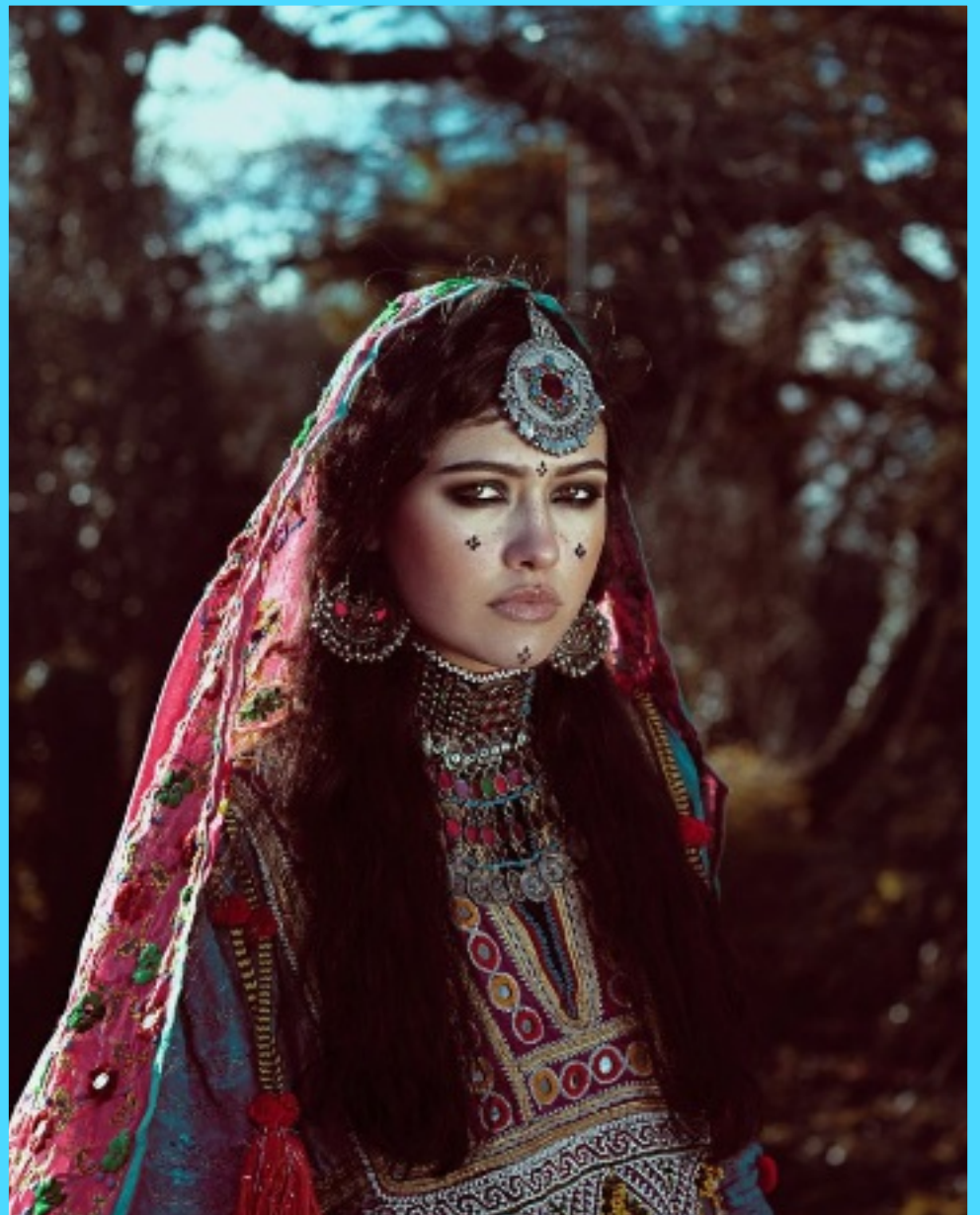




# BEAUTY TALK

## BEAUTY CULTURE

Though there are such differences between one culture and the other, one thing unites all this, every one of them has its rules to determine beauty and we discover some of the beauty standards in different cultures. The culture of beauty refers to the prevalent standard of physical attractiveness as dictated by popular opinion. Beauty culture usually focuses on certain features, primarily facial symmetry and low body weight, some of which may be rooted in evolutionary biology. Beauty isn't just superficial, and is actually a key part of how we understand and interact with the world around us. Beauty infuses our inner life and helps us form relationships with our environment, from food to landscape to art, and even with each other. Although the definition of beauty is generally universal, that is, to be desirable and attractive, perception in this definition is variable across cultures. Sense of beauty varies depending on different variables such as geographic region, tradition, religion, age, gender, and socioeconomic status. Researchers now believe that beauty preferences are partly an effect of a rudimentary cognitive process that appears quite early in life, with humans having a seemingly automatic ability to categorize a person as beautiful or not. The culture in which we are surrounded by has a significant impact on how we feel about ourselves and the



manner in which we think about our body. Many cultural traditions also contribute to body image and can influence either negative or positive body image and self-esteem. Many factors can play into personal attractiveness — the way you dress, the way you act, the way you carry yourself, even things that are hard or impossible to change, like social status and wealth, race, and body size and shape. True beauty is the full acceptance of who we are and the constant refinement of becoming a better human being (humane, loving, kind, joyful, helpful, patient, resilient and peaceful).



# AYME HEALTH

## Cultural Health Care



Culture is often described as the combination of a body of knowledge, a body of belief, and a body of behavior. It involves several elements that are often specific to ethnic, racial, religious, geographic, or social groups. Culture has a significant impact on both diagnoses and treatment options, primarily because of different social beliefs, but also because of biological factors. In order to improve the care of patients in general, health care providers should be aware of cultural influences. Cultural health beliefs affect how people think and feel about their health and health problems, when and from whom they seek health care, and how they respond to recommendations for lifestyle change, health-care interventions, and treatment adherence. Cultural differences may also be a barrier when: Newcomers feel stigmatized and avoid mentioning sensitive health issues such as sexual abuse, domestic violence, discipline, alcohol or substance abuse and problems with mental health. Cultural differences affect patients' attitudes about medical care and their ability to understand, manage, and cope with the course of an illness, the meaning of a diagnosis, and the consequences of medical treatment. Practical knowledge of

these issues will aid safe, effective, and appropriate clinical communication: Cultural awareness is sensitivity to the similarities and differences that exist between two different cultures and the use of this sensitivity in effective communication with members of another cultural group.

Studies show that students who have trained at diverse schools are more comfortable treating patients from ethnic backgrounds other than their own. Boosted creativity and innovation: A wide range of perspectives can lead to better solutions. A physician may interpret a patient's refusal to make eye contact as a lack of interest, embarrassment, or even depression. However, a Chinese patient may be showing the physician respect. If the patient is female and from a Muslim country, and the physician is male, she may be trying to avoid sexual impropriety. Culture may influence, for example, beliefs about what causes disease, whether to engage in certain health promotion activities or seek advice regarding health concerns, as well as whether treatment options are followed. Culture can also impact a patient's approach to attending medical appointments in a timely manner. Cross-cultural awareness makes healthcare providers more open to unfamiliar attitudes, practices, or behaviors. It also improves collaboration with patients and helps them respond with flexibility. Benefits of cross-cultural awareness include: Improved rapport.

# FASHION FORWARD

## Fashionable Culture

Fashion is a powerful social and cultural force that enables creative expression and communication among individuals, communities, and whole nations. In the new world of fashion, there are three main cultural sources that influence designers. High culture, pop culture and low culture. High culture refers to elite art, in the shape of visual, auditory, and applied art. An example of this is collaborations between Louis Vuitton and contemporary artists. The era, beliefs held by the people living in it, and the culture in that era and in that region plays a considerable role in influencing its fashion trends. Designers and manufacturers produce clothing and accessories in accordance with the culture of a particular region. It has become the fashion of the region. Clothing is an expression, image and personality of a culture, because clothing can reflect the norms and cultural values of a nation. Clothing tends to be inseparable from the culture of society, because it is influenced by habits, customs that exist in society. Fashion, can be conceptualized as something that is popular among a group of people whilst culture, is a way of life shared by a group of people. Culture and Fashion naturally overlap where Fashion can be an expression of culture or a culture in and of itself. Clothing is an "identification" tool that functions in determining the symbolic boundaries between people in a sense. Fashion and clothing is a field where clothes are used to create and reveal a cultural and social identity. The identity phenomenon of the person is embodied in body by clothing and fashion. However culture plays a huge role in our ideas of beauty. For instance, "youthfulness" is the beauty goal in America, while naturally flawless skin is the beauty ideal in Europe. Fairness is coveted in most Asian countries. A voluptuous figure, long bouncy hair and tanned skin is considered beautiful in Brazil. Culture 'Appropriation' refers to making certain choices that may hurt people belonging to a certain race, ethnicity, community, etc. For instance, if you wear the traditional attire of another country simply to make a fashionable statement, it is appropriating that culture. It comes down to whether you're aware of a look's cultural history, whether you give credit where it is due (as opposed to renaming the style), and how you honor whatever you are borrowing. So borrow away — just be conscious about it. Appearances can say many things about people, such as how they celebrate, what's modern in their regions, and if their culture is made up of wealthy or poverty-stricken people. Each culture has different festivities, making each of their wardrobes very unique and fascinating.





Art Title  
"Grissom's Ghost"

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Floyd Binkley 1960



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