
PsychoSocial Media

#LoveYoSelf Campaign 2019



"¡MI CULTURA ES MI FUERZA!"

#LOVEYOSELF

PsychoSocial

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About PsychoSocial

Mental Health Media dedicated to highlighting underrepresented communities!

PsychoSocial is a multimedia platform founded by Luis Cornejo, LMFT and Co-Founded by Katherine Dominguez, ASW. PsychoSocial is designed to promote mental health awareness, knowledge, and advocacy as well as fight to de-stigmatize mental illness. Through the use of written text, video, social media, and audio, PsychoSocial hopes to create dialogue and support for mental health awareness.

PsychoSocial strives to highlight issues impacting the LGBTQ, POC, and other disenfranchised groups. PsychoSocial is also dedicated to highlighting an array of topics impacting mental health which includes creativity, culture, and current events. As such, we conduct interviews and coverage on individuals who are creating movements and awareness through art, media, and other creative means. In the past, we have interviewed and collaborated with Antonio Castellanos, the creator of Joteria, a twist on the traditional Mexican game of Loteria. We have also interviewed Armando Ibanez the director, writer, and star of youtube based series Undocumented Tales, which explores the life of an undocumented gay man working as a waiter in the United States.

About the Campaign

The act of self-love is having empathy, patience, and compassion for oneself. The goal of the #LoveYoSelf Campaign is promote self-love which helps reduce anxiety and depression.

6.9%

OF THE U.S ADULT POPULATION

Approximately 16 million individuals live with major depression.

18.1%

OF THE U.S ADULT POPULATION

Approximately 42 million individuals live with anxiety disorders.





Why Positive Affirmations Work

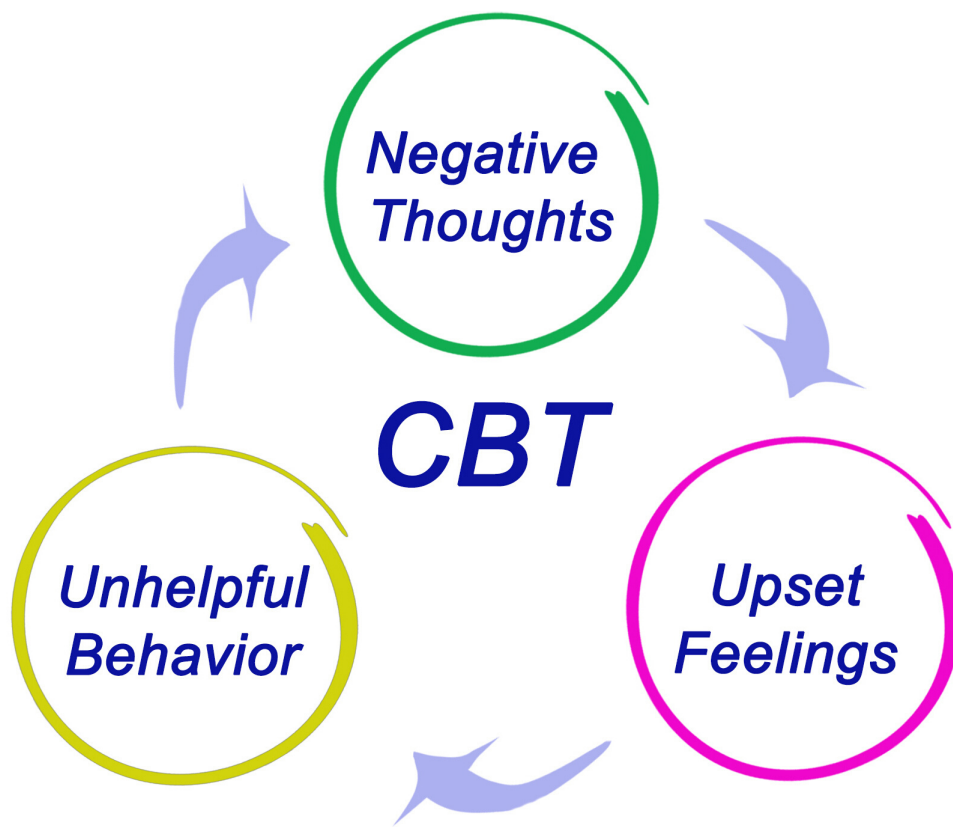
We exercise daily to keep our bodies in shape and healthy. Practicing positive affirmations help work out our minds.

Positive affirmations are positive statements we create to help challenge negative thinking. Many of us struggle daily with an influx of negative thoughts that feed our low self-esteem and low self-worth. Using positive affirmations helps us practice self-love so we can begin

to make positive changes in our lives. It sounds simple enough and maybe too good to be true. Yet, there is much research that indicates therapeutic exercises founded in theoretical orientations such as Cognitive Behavioral Therapy (CBT) work.

The theory behind CBT is simple. Identifying and challenging our negative thinking patterns. Cognitive restructuring is the process by which we begin to dispute and reframe our negative thought process.

Practicing daily positive affirmation and believing in them, can help us reprogram our thinking patterns and reduce self-sabotaging thoughts.



CBT Model Diagram

