

**Partnership for a Healthy Durham
Mental Health Committee
11/5/2024
1:00-2:00
Zoom**

Facilitated by: Ashley Bass-Mitchell

| Present: Priti, Bria Miller, Ashley Bass-Mitchell, Shawna Murrie, Krista Kicsak, Azmen Johnson, Jasmine Johnson, Dr. Wanda Boone, Nakiya Smith, Victoria Mosey | | | |
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| Agenda Items | Major Discussion Points | Recommendations | Action steps and responsible persons |
| Icebreaker | Body Scan Exercise Body Scan Script | Group check in and intros | |
| Previous Meeting Mins. | Attached to Meeting reminder | | Please review and let us know if we missed something |
| Check-in | <p>The body scan exercise was helpful. 1 in 4 Americans are lonely. So many people are feeling anxious. Priti shared information about her organization. They use the Sky Breath exercise to treat depression and anxiety. It is proven to work effectively. It also helps to improve immunity by Art of Living. She is a certified instructor. It is a three-day training. https://www.artofliving.org/us-en/meditation/benefits/sudarshan-kriya-benefits</p> <p>Priti has been working on how breathwork and meditation can help with mental health. They would be happy to conduct a free session for the Durham community.</p> <p>Remembering core values and making space with grace and empathy has been helpful with holding space for others, especially with varying perspectives. Find safe spaces to process.</p> | | <p>The committee will connect with Priti to discuss training opportunities.</p> <p>If anyone is interested to host a free introductory Breathwork and Meditation session, please feel free to reach out to me at</p> <p>My email is priti.manmode@artofliving.org</p> <p>Phone number: 214-415-5164</p> |
| Announcements | <p>Nakiya's organization will hold a food giveaway at Durham Center for Senior Life on Saturday, November 16th beginning at 10am.</p> <p>TRY has five new youth ambassadors who will be sharing information about mental health, substance use, and life skills</p> | | |

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| | in schools. They will do presentations, artwork, etc. to express what those topics mean to them. | | |
| Meditation Moment | Ashley shared a virtual meditation | | |
| Next meeting: Tuesday, December 3 2024 at 1:00PM EST | | | |