



DAY 1 - Compassionate Youth Mental Health Zoom Discussions & Art Hosted by Compassionate San Diego with Partners

Coping with Anxiety and Worries

SATURDAY, JANUARY 9, 2021
11:30 AM to 1:00 PM (PST)

COMPASSIONATE YOUTH AMBASSADORS:

Daniela (Dani) Cervantes is a visual and performance artist, outdoors educator, national Coca-Cola scholar, and fourth year undergraduate at the University of California, Berkeley double majoring in

Ethnic Studies
and Theater and
Performance
Studies.



The fundamental
wonders of art,
truth, justice, and
beauty are at the
core of Daniela's
personal and
professional

ventures throughout multiple mediums. Having grown up in rural Greenfield, CA, a profound connection to nature and spiritual essence are the animating forces that inspire her creative work, and her current position as a backpacking Field Instructor for the Ventana Wilderness Alliance's Youth in Wilderness program.

Daniela believes in everyone's right to access the healing powers of nature as she connects the underserved youth of the California Central Coast with the magic of Big Sur. She is also a published advocate and has written for the protection of public lands. As a performer, Daniela has worked to uplift the stories and voices of the most historically under-represented communities. She is currently crafting a devised work for the UC Berkeley theater department around the topics of COVID-19, BLM, DACA, and the student experience in 2020 which is to be performed this fall.

She previously performed the lead role in UC Berkeley's 2019 production "Who Shot La Miguelito" which centered on the stories and voices of people of color and LGBTQ+ people. Daniela is the Instagram Lead/Producer and a co-founding member of Love Campus, the premier online dating game show for college students across the United States. She also practices photography and worked as a photographer and assistant editor of the photography

department at The Daily Californian, the paper of record of the city of Berkeley.

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Jalen Bui is a student at Scripps Ranch High School. He enjoys playing badminton, games, cooking, and playing the piano. He started to play piano in 2nd grade and has continued throughout his life.

Jalen has been researching mental health and Anxiety issues with Dani and has produced a short collaborative powerpoint presentation.



“I want to be a Compassionate San Diego Youth Ambassador because I love to help other people to make the world a better place overall.

Compassion is important to me because I feel like compassion brings people together and circulates love throughout the world.”



COMPASSIONATE SAN DIEGO ADULT ALLY, COUNSELOR



Dr. Janina Scarlet is a Licensed Clinical Psychologist, author, and a full-time geek. A Ukrainian-born refugee, she survived Chernobyl radiation and persecution. She immigrated to the United States at the age of 12 with her family and later, inspired by the X-Men, developed Superhero Therapy to help patients with anxiety, depression, and PTSD. Dr. Scarlet is the recipient of the Eleanor Roosevelt Human Rights Award by the United Nations Association for her work on Superhero Therapy.

Her work has been featured on Yahoo, BBC, NPR, Sunday Times, CNN, CW, ABC, Huffington Post, The New York Times, Forbes, the Nerdist, BuzzFeed, and many other outlets. She currently works at the Center for Stress and Anxiety Management in San Diego.

She authored [Superhero Therapy](#), Harry Potter Therapy, Therapy Quest, Dark Agents, Super-Women, Supernatural Therapy, as well as numerous contributions to Star Wars Psychology, Star Trek Psychology, Wonder Woman Psychology, Supernatural Psychology and many other books.

If you would like to learn more about Superhero Therapy, please feel free to contact Dr. Janina Scarlet via Twitter, Facebook, Instagram, or via her website.

COMPASSIONATE SAN DIEGO LEAD ARTIST on Mental Health Post



London Rose Ross has been acting, dancing and singing since she was very little and loves many art forms. She studied theater classes at Broadway Vista, New Village Arts in Carlsbad and at the YMCA. She is 13 and is in middle school in San Diego County.



She has developed her own drawing style and is the lead artist on this Post about Anxiety & Worries and on the CSD Youth Ambassadors Mental Health Panel.

Kira Carrillo Corser is the Co-founder of [Compassionate Arts in Action](#) with **Felecia (Fe Love) Lenee**.



Kira is on the Leadership Team for *Compassionate San Diego* and *CompassionateCalifornia.org*. She has a 30-year history of leadership in the arts — designing and building communities, peace, social justice, health and environmental projects through the arts.

[Her work](#) has received 30 awards and been in major museums and universities. Her art was seen on broadcasts with President Clinton and with President Carter and at the International Human Rights Defenders at the Carter Center, The Center for Civil and Human Rights, the California Center for the Arts, Oceanside Museum of Art and more. She worked as Staff Photographer at KPBS TV and Radio Stations for 10 years in San Diego, taught at CSU Monterey Bay for 8 years, and co-authored 4 books and 4 nationally traveled exhibitions.

Kira is Project Director of the Mental Health Discussions with help from Dr. Bui and the CSD Youth Ambassadors.

Dr. Hong Dang Bui, MD (Rose) is the Lead for Compassionate San Diego.

She came to the United States in 1975 escaping the war that plagued Vietnam. She has led a fulfilling medical and spiritual journey, together with her 52-year marriage to husband, Hum Dac MD. Rose is a retired professor in pediatric infectious diseases at Loma Linda University, and was the medical director for a Free Clinic from

2013 to 2019 in Redlands, California.



Spiritually, she devotes her life to interfaith works, in meditative sessions, in CaoDai teachings and

writings and in the work for [Compassionate Cities](#). She participated in interfaith meetings in Italy, Japan, in the *Parliament of World's Religions* in South Africa, Spain, Canada and the United States; and in the *World's Alliance of Religions for Peace* in Seoul, South-Korea.

After the unexpected passing of Hum in late 2019, Dr. Bui moved to San Diego. Her new collaborative book, "[CaoDai, a Realizable Path to Light](#)," that Hum spent his last years to pen, has just been published and can be found on Amazon. The book describes their spiritual journey and gives a comprehensive account of CaoDai.

CaoDai is a faith that teaches that all religions spring from One same Divine

Source and that we all receive a spark of the Divine Spirit.

Rose also continues her passion in Interfaith work with the Poway Interfaith Team, while building *Compassionate San Diego*, a county and communities initiative.

Volunteers, Donations and Suggestions are welcome!



Please email:

hongbui24568@gmail.com

We are putting together a **Mental Health Art Gallery** and a **RESOURCES PAGE** for our Facebook and upcoming Compassionate San Diego Website!

We welcome your Art submissions!

Email to: KiraCorser@gmail.com

Compassionate San Diego Resources Page will have videos for relaxation, stress reduction, and other health focused tools and classes.

SPECIAL THANKS TO OUR OTHER PARTNERS FOR HELPING GROW THIS COMPASSIONATE EFFORT FOR YOUTH!

Emily Schell, CSD Team Member, California Global Education Project, The Jacobs Institute for Innovation in Education **Rev. Dr. Abigail**, POINT Interfaith, **Patricia Frisher** San Diego Arts Network, Compassionate California, **Rev. Dale Suggs** BELOVED San Diego, **The Charter for Compassion** are all partners or participating!

If you want to join us or know ways to support our work, we would love to hear!



We are looking at ways to support **Jordan Bui** and **Madison Ross** in the future as they take on the leadership of the CSD Youth Ambassadors Council!

