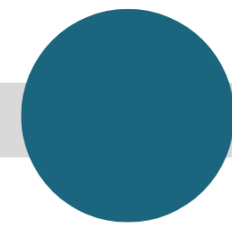
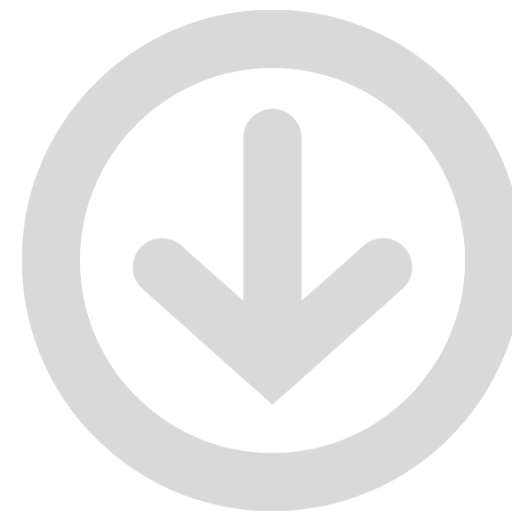
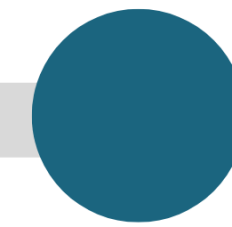


AUGUST 30, 2011



AUGUST 31, 2011



The difference *one day* can make.





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A Chance For Bliss



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Sometimes
what hurts the
most can't be
seen.





FROM MENTAL "HELLNESS" TO MENTAL WELLNESS



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What
depression
feels like.



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***“A sense of isolation so profound it
has no words.”***

UNKNOWN



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The three most important words
in mental health are
connection, connection, connection.

"The currency of wellness is connection."

DR. JOHN W. TRAVIS, MD, MPH



**We are in CONTACT with too many,
and in CONNECTION with too few.**

Contact

"The state or condition of communicating or meeting."

Connection

*"A relationship in which a person, thing, or idea is
linked or associated with something else."*



WHAT MENTAL HEALTH LOOKS LIKE



RECOGNITION

"A person's name is to that person, the sweetest, most important sound in any language."

DALE CARNEGIE



UNDERSTANDING

"The art and science of asking questions is the source of all knowledge."

THOMAS BERGER



*"Frankly there isn't anyone you
couldn't learn to love once you've
heard their story."*

**Quote from social worker Mr. Rogers
carried in his wallet.**

Story is greater than impression.



YOU MIGHT BE SURPRISED...



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UNDERSTANDING

The most direct path we can take to overcoming the fears we have about mental illness is to leverage the power of curiosity to create understanding.

The opposite of fear isn't calm. It's understanding.

The more we understand, the less we fear.



*"It's the unasked questions
that lead to tragedy."*

DR. PAUL QUINNETT




"What does depression feel like?"

"How long have you lived with this condition?"

"How has this condition affected your life?"

"What's it like on your worst days?"





“*Thank you for telling
me how you feel.*”



EXPRESSIONS

"The deepest principle in human nature is the craving to be appreciated."

WILLIAM JAMES

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

WILLIAM ARTHUR WARD

"The happy phrasing of a compliment is one of the rarest human gifts and the happy delivery of it another."

MARK TWAIN



“

*Depression can't have you
cause you're ours!*



Three bonuses that come with connection:

Reciprocity, Release, Reinforcement



If you connect,
they will follow.



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia



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“

Someone you see today is thinking about killing themselves. Your smile, your question, your love could save them. Trust me. They told me it did.

DR. DREW RAMSEY, MD





**CONNECTION CREATES HOPE
AND HOPE SAVES LIVES.**



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WHY IS IT SO DIFFICULT TO TALK OPENLY ABOUT MENTAL ILLNESS?



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Kyobi Arts Networking Group 2020

The Ladder of Inference



Adapted from Chris Argyris and Peter Senge



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WHAT IS IT?

What are some of the words we now use to describe, “*Mental Illness*?”

How might we define, “*Mental Illness*?”



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ONE POSSIBLE DEFINITION

“Genetic or circumstantial factors causing a disruption in the brain affecting a person’s thoughts, moods, behaviors, and relationships. The severity of symptoms requires professional treatment, whole person care, and life giving community support.”

MENTAL HEALTH GRACE ALLIANCE



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WHAT SOMEONE LIVING WITH A MENTAL ILLNESS MIGHT SAY TO ALERT YOU.

- *"I'm just tired."*
- *"I'm not doing well today."*
- *"I'm surviving."*
- *"I'm hanging in there."*
- *"I feel off."*
- *"You don't understand, no one understands."*
- *"I have it handled."*
- *"I'm here."*
- *"Others have it much worse."*
- *"My soul is tired."*



IN RESPONSE TO A STATEMENT WE SHOULD ASK A QUESTION

We can successfully interrupt the path to a bad place
with the realization that,
Thoughts Need Air.

Just as a wound heals best when it's exposed to fresh air,
the same holds true for our thoughts;
they transform when they are outwardly expressed.

How can we best know what to say without first
asking a question?



WHAT NOT TO SAY

"Be sure to taste your words before you spit them out."

ANONYMOUS

"Be mindful when it comes to your words. A string of some that don't mean much to you may stick with someone for a lifetime."

RACHEL WOLCHIN



WHAT NOT TO SAY

- “There are children starving in Africa, think about how good you have it.”
- "Most folks are about as happy as they make up their minds to be."
- “Yeah. I’ve had similar problems, I just didn’t let them control me.”
- "Take a hot bath. That's what I always do when I'm upset."
- “What are you worried about? You should be fine.”
- "That which does not kill us makes us stronger."
- "You're always worried about *your* problems."
- "Well, everyone gets depressed sometimes!"
- "Everybody has a bad day now and then."
- "You never think of anyone but yourself."
- "You'll be a better person because of it!"
- “Just try to be positive. Positivity is key.”
- "You should buy nicer clothes to wear.“
- “You have no reason to feel this way.”
- “You seem great, are you cured?”
- "You're just looking for attention."
- "Your problems aren't that big."
- “Do you want to get better?”
- “You don't look depressed!"
- "Just don't think about it."
- "Have you got PMS?"
- "It's your own fault."
- "You're so selfish!"



One of the very **WORST** things to say:

***“I know exactly how
you feel.”***



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WHAT TO SAY

*"Words are, of course, the most powerful drug
used by mankind."*

RUDYARD KIPLING

(FROM A SPEECH MADE TO ROYAL COLLEGE OF SURGEONS, LONDON, 1923)

*"The human soul doesn't want to be advised or fixed
or saved. It simply wants to be witnessed."*

PARKER PALMER



WHAT TO SAY

- "I love you!"
- "I'm here for you."
- "You are so brave."
- "It's not your fault."
- "This does not define you!"
- "You and me, we got this!"
- "You are so important to me."
- "It's OK to feel the way you do."
- "Your diagnosis is not your identity."
- "You matter to me and so do your feelings."
- "I can imagine you've been to hell and back."
- "You are a total badass for fighting this battle!"
- "You did not ask for this or bring this on yourself."
- "When all this is over, I'll still be here, and so will you."
- "Be gentle with yourself. You are doing the best you can."
- "You're not alone in this, and I'm not going to abandon you."
- "You did not ask for this or bring this on yourself. It's not your fault!"
- "You are important to me. You matter to me and so do your feelings."
- "You have survived 100% of your worse days, and we will get through this together."
- "I believe you will get through this, and I am going to be here with you every step of the way."





One of the very ***BEST*** things to say:

“It has taken me a long time to believe in the power of simply saying, 'I'm sorry,' when someone is in pain. And meaning it.”

DR. NAOMI RAMEN, M.D.
KITCHEN TABLE WISDOM



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**All We Need Is A
Bucket Of Sweet
Grain**



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