

*This is my*  
**Reality**

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# How Are You Welcoming In Mental Health Week?

8<sup>th</sup> to 14<sup>th</sup> of October

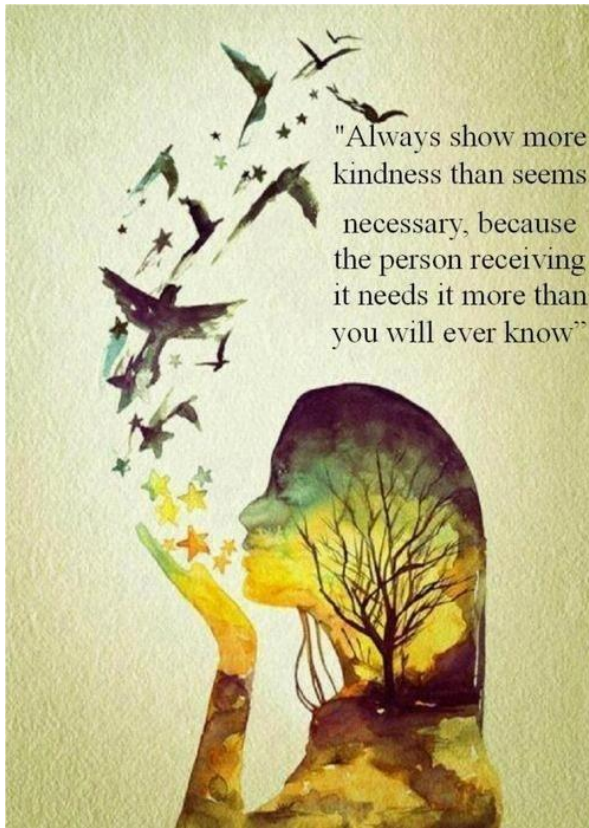
The 2017 theme is “Mental Health In The Workplace”.

There are many ways in which to highlight and start conversations around good Mental Health in the workplace, so start organising now.

Ways in which to bring Mental Health Wellbeing to your staff’s attention don’t have to be a serious and dull affair, make it fun so that you make the statement, “your mental health is important to us”.

Break down the barriers! Stigma and the fear of judgement are the main reasons people don’t open up about mental health issues and challenges, so promote your workplace as one of unconditional acceptance, support and compassion. You could: -

- Have a morning tea on World Mental Health Day 10 October.
- Get staff to wear something bright green or give them each a Mental Health ribbon  to wear.
- If you have an Employee Assistance Program, remind them they have access to confidential support.
- Get a Mental Illness Lived Experience Speaker in to provide insight and help normalise/humanise the experience of mental illness.
- Contact Mental Health organisations like BeyondBlue or SANE Australia for copies of fact-sheets on mental illnesses, how to support a person with a mental illness and their loved ones.
- Provide information on local Mental Health Organisations, along with their contact details.
- Put up posters & memes that normalise/humanise Mental Illness. Some examples follow. There are hundreds on the net.

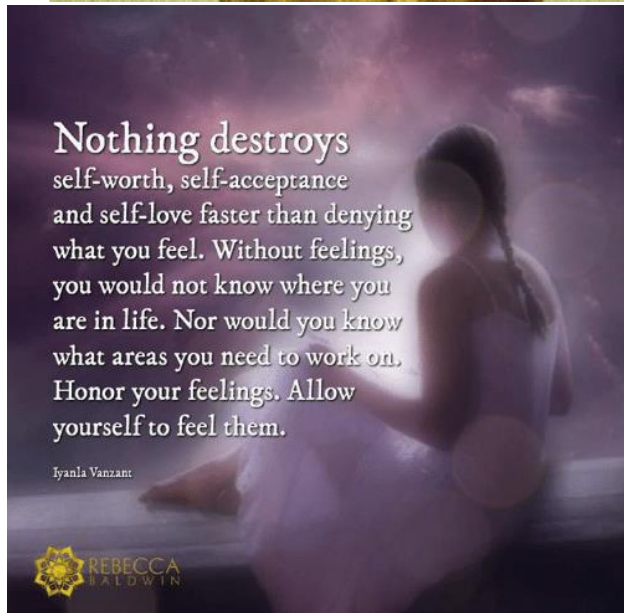


"Always show more kindness than seems necessary, because the person receiving it needs it more than you will ever know"



Everyone you meet is fighting a battle you know nothing about.

Don't judge. Be kind. Always. x



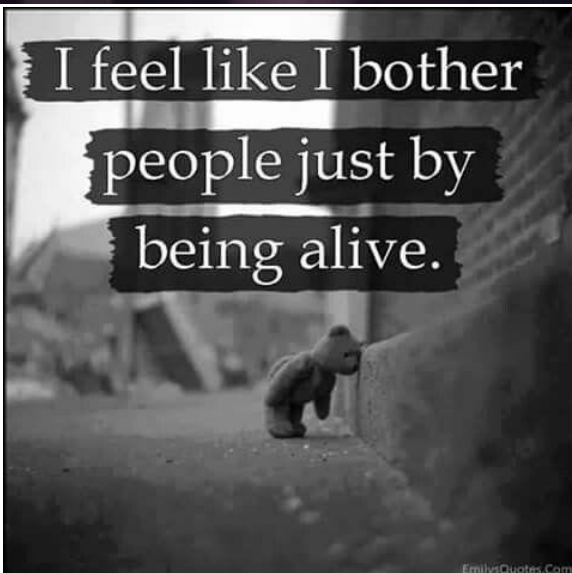
Nothing destroys self-worth, self-acceptance and self-love faster than denying what you feel. Without feelings, you would not know where you are in life. Nor would you know what areas you need to work on. Honor your feelings. Allow yourself to feel them.

Iyanla Vanzant



**IT IS BOTH A BLESSING AND A CURSE**

**TO FEEL EVERYTHING SO VERY DEEPLY.**



I feel like I bother people just by being alive.

EmilysQuotes.Com



"I fight for my health every day in a way most people don't understand.

I'm not lazy.

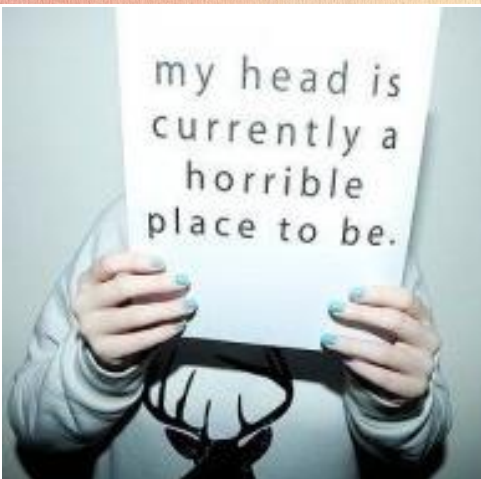
I'm a warrior."

[www.paintedteacup.com](http://www.paintedteacup.com)



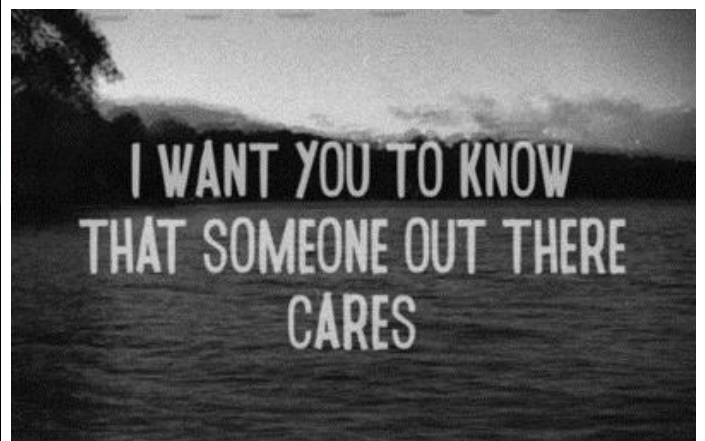
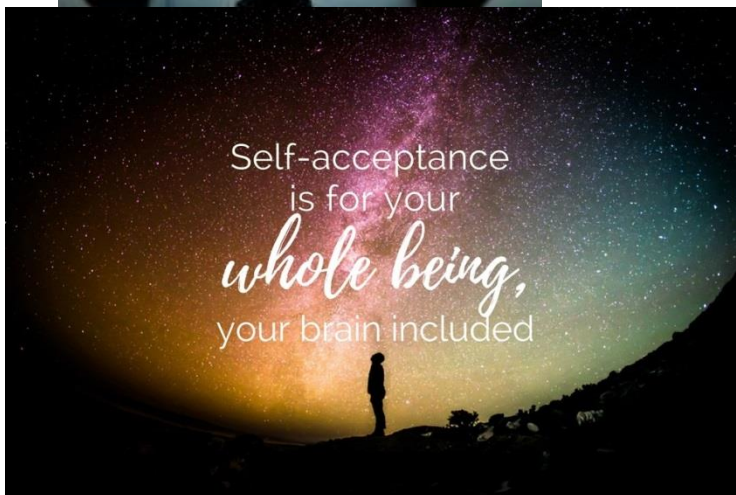
I **HAVE** bipolar disorder.  
I am **NOT** bipolar.  
I am **NOT** my illness.  
My *illness* is a **PART** of me.

- HealthyPlace.com -



Don't Be Ashamed  
of your story  
It Will Inspire  
others

InspirationalQuotesGazette.com



**I'M NOT OK., YOU'RE  
NOT OK., AND  
THAT'S OK.!**

William Sloan Coffin

QUOTEHD.COM

**If I'm telling you a story,  
be prepared to have 7  
mini-conversations  
and 19 other stories thrown it to it,  
because I can't stay focused.  
This is my reality.**