



Mental Health Awareness: Mountains in the Mind



Association for Real Change
Supporting Excellence



John Foster
Senior Associate Consultant



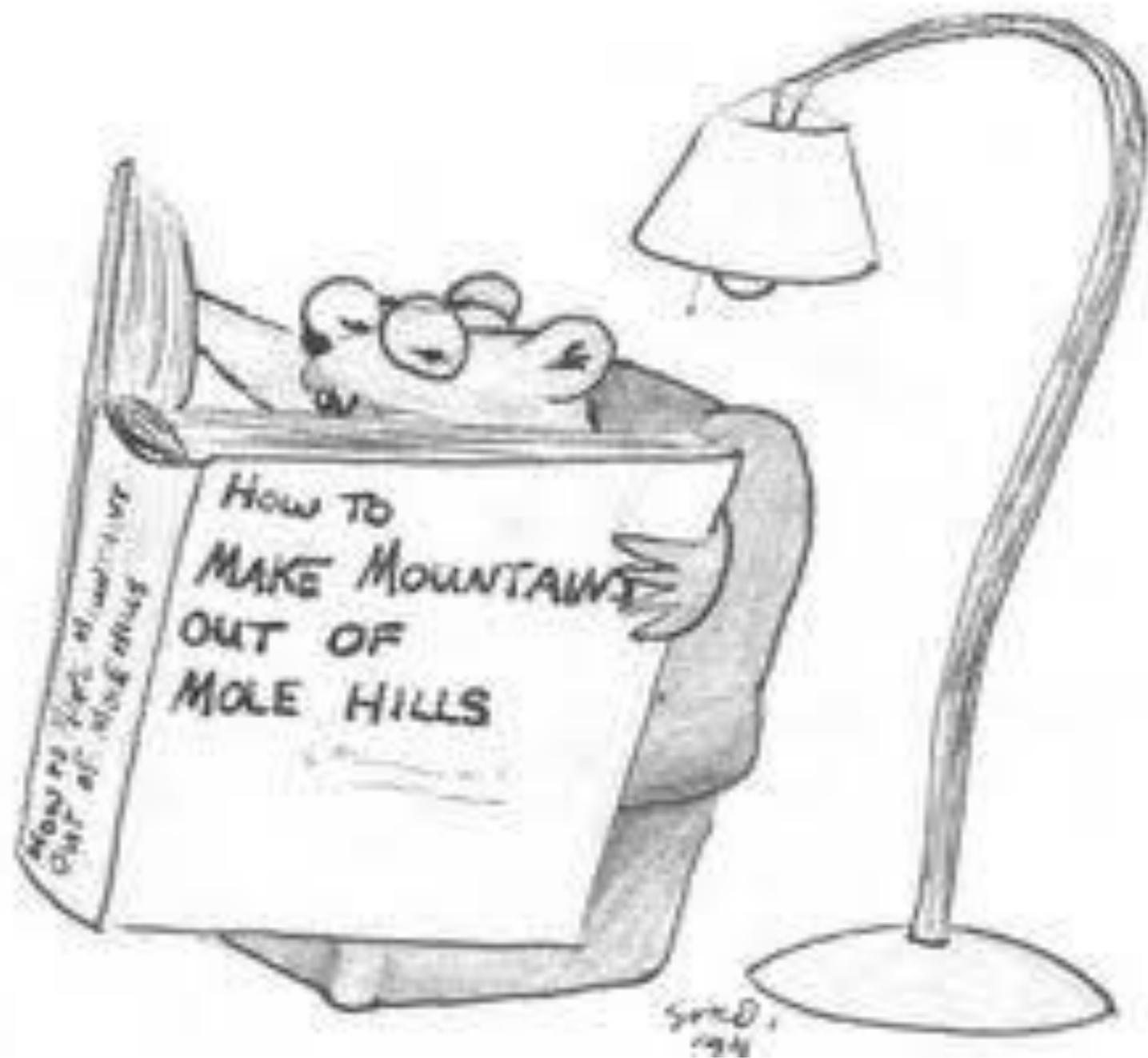
The Big Picture

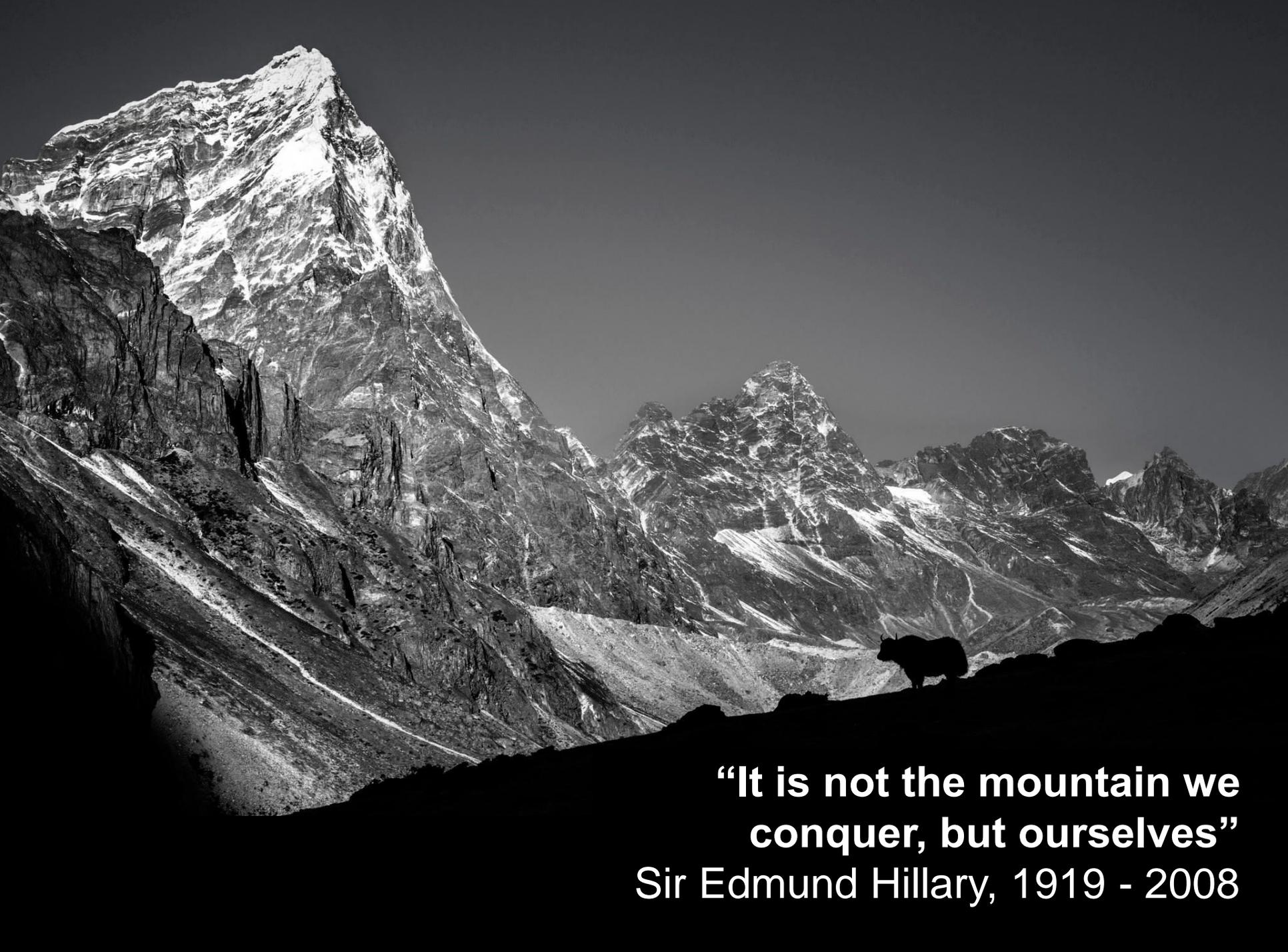


I've learned that
people will forget
what you said, people
will forget what you
did, but people will
never forget how you
made them feel.

Maya Angelou







**“It is not the mountain we
conquer, but ourselves”
Sir Edmund Hillary, 1919 - 2008**

The Light Within: Emotional Intelligence

Daniel Goleman (1996) identified the five 'domains' of EQ as:

- Knowing your emotions.
- Managing your own emotions.
- Motivating yourself.
- Recognising and understanding other people's emotions.
- Managing relationships, i.e., managing the emotions of others.

Emotional Intelligence

“Emotional intelligence is the ability to use your emotions to help solve problems and live a more effective life.....The complete solution is the head working with the heart.”

Mayer, J.D., Salovey, P., Caruso, D.R. (1999)

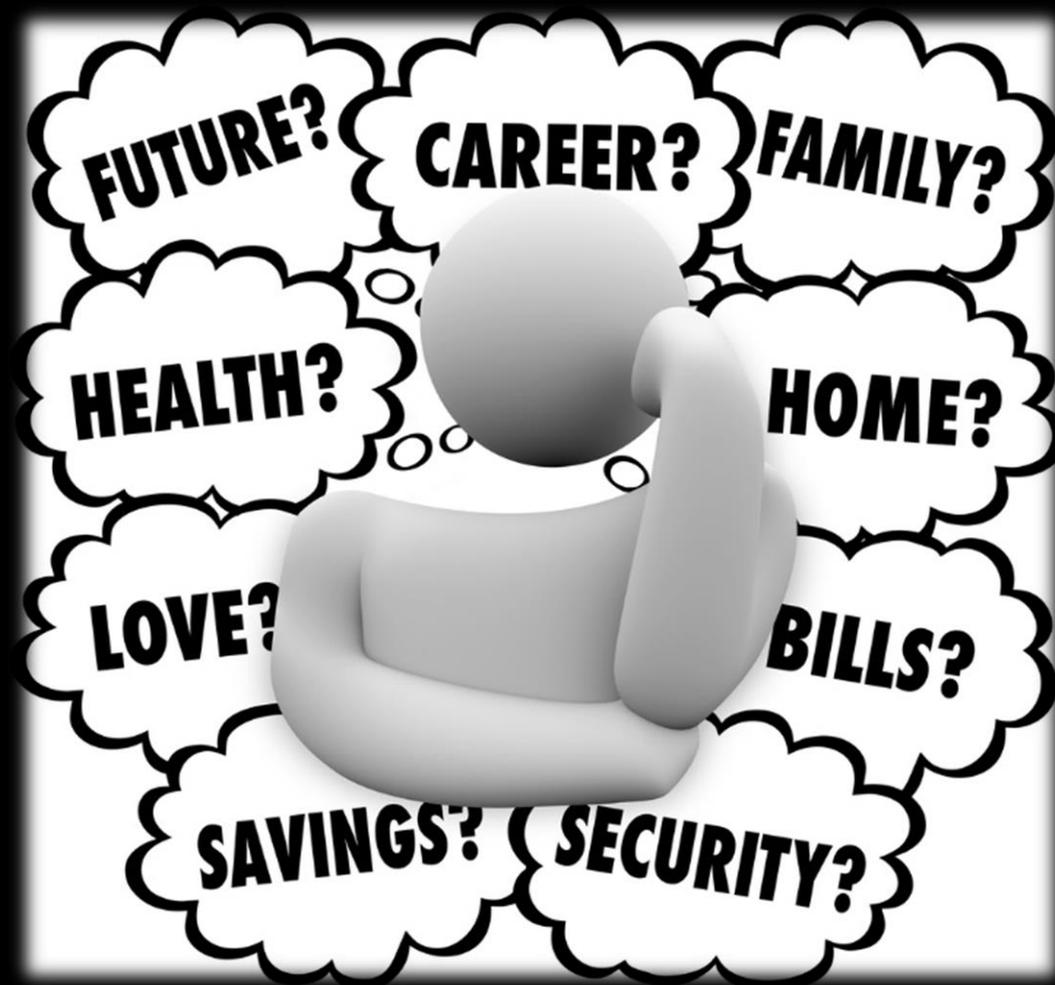


Working hard for something we don't care about is called
stress



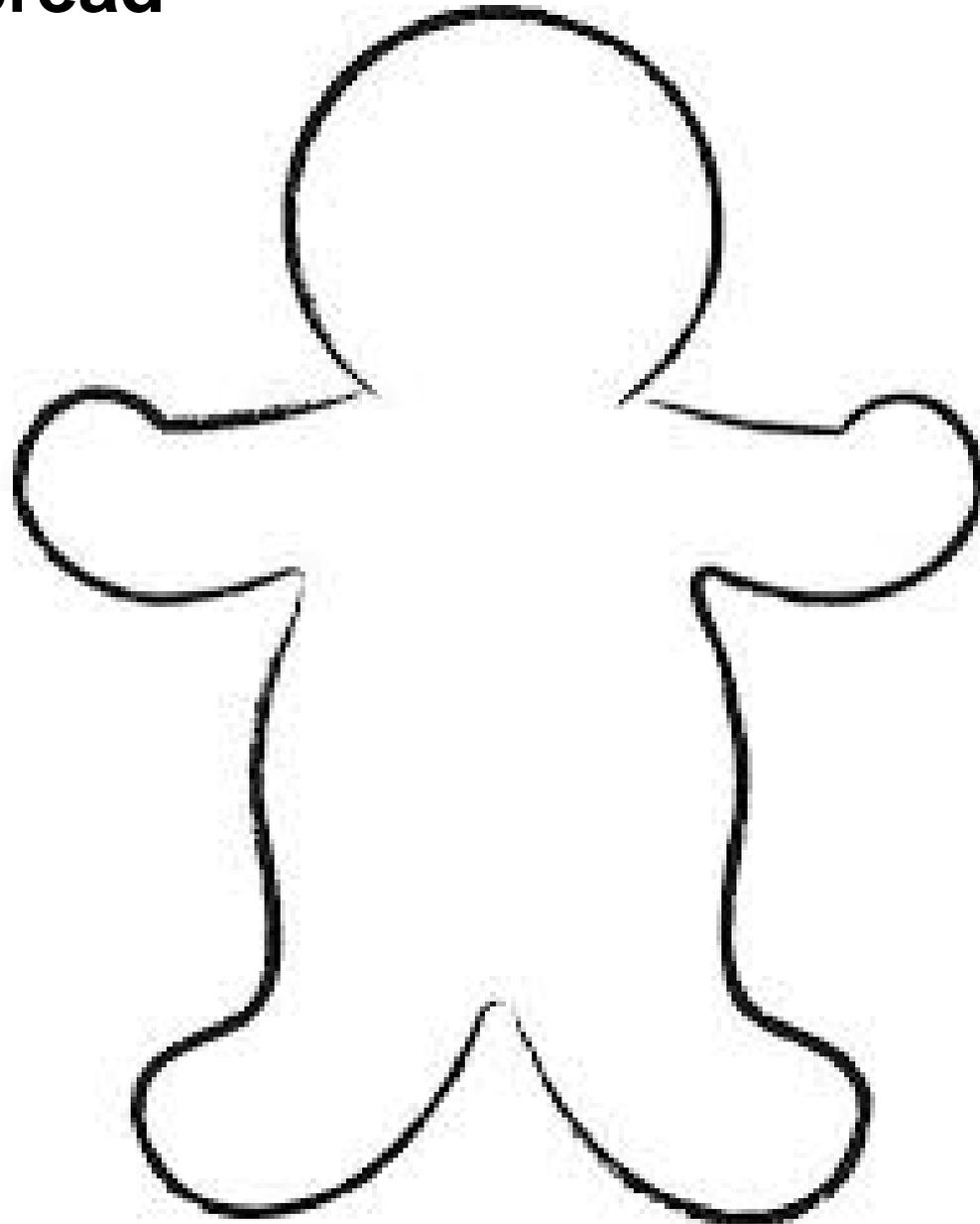
Working hard for something we do care about is called
passion

How Do You Know When Things Are Getting On Top Of You?





The Gingerbread Person



Suppose you woke up tomorrow and your biggest problem was gone, how would you know?

What would you see differently?



What Are The Consequences if You Miss The Warning Signs?



“Where you stand determines what you see and what you do not see; it determines also the angle you see it from; a change in where you stand changes everything”

Steve de Shazer

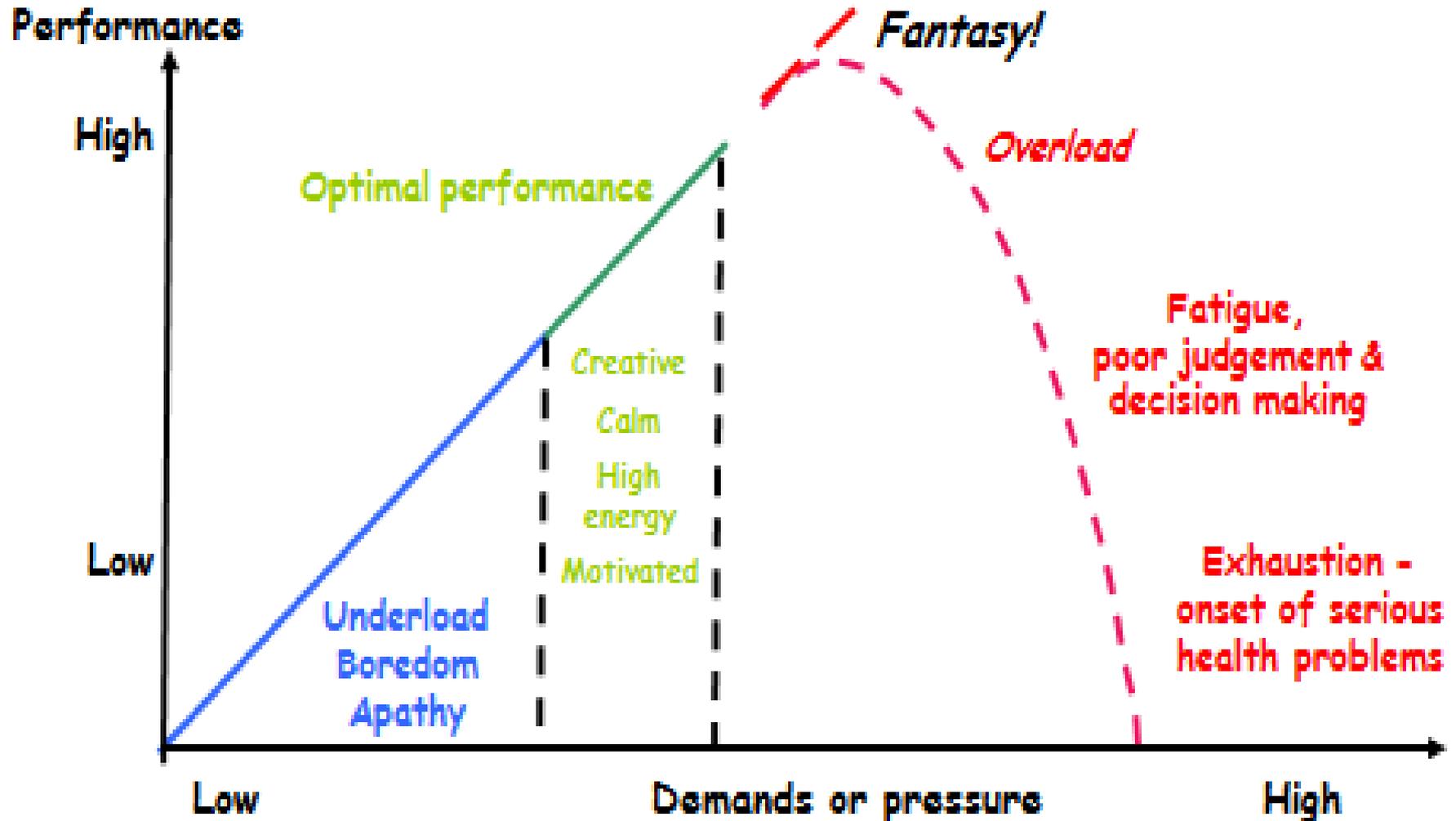
Good Mental Health

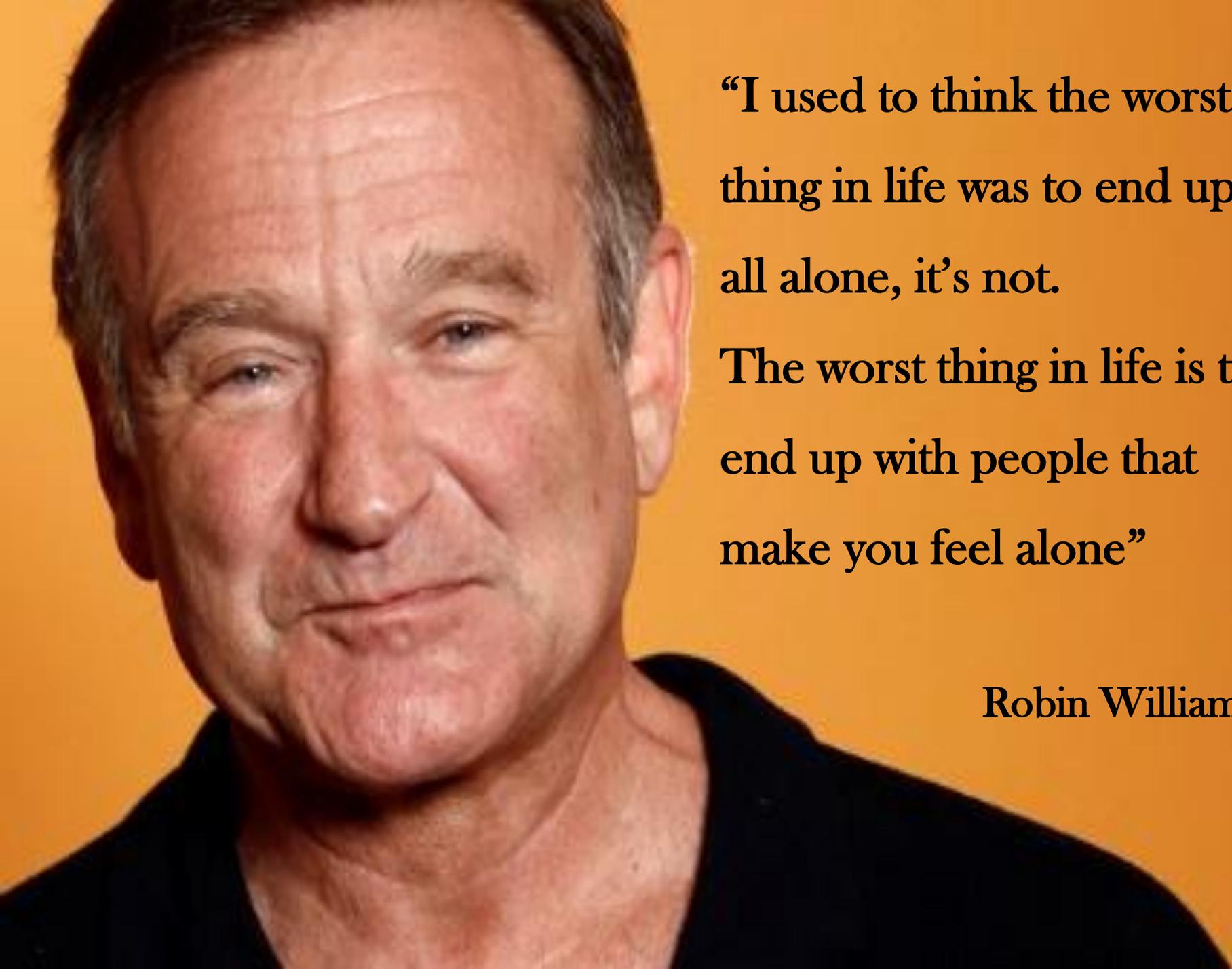
Individuals who can:

- Develop emotionally, creatively, intellectually and spiritually
- Initiate, develop and sustain mutually satisfying personal relationships
- Face problems, resolve them and learn from them
- Are confident and assertive
- Are aware of others and empathise with them
- Use and enjoy solitude
- Play and have fun
- Laugh, both at themselves and at the world

(Mental Health Foundation, 2005)

The Stress Curve





“I used to think the worst thing in life was to end up all alone, it’s not.

The worst thing in life is to end up with people that make you feel alone”

Robin Williams

Mauna Kea



“Mental illness is
nothing to be ashamed
of, but stigma and bias
shame us all”

Bill Clinton



A photograph of Monica Lewinsky speaking at a podium. She is wearing a dark blue button-down shirt and a gold necklace. She has long, dark, wavy hair and is smiling. The podium is red and black. The background is a dark blue curtain.

If you haven't figured out who you are, it's hard not to accept the horrible image of you created by others.

Monica Lewinsky
The Price of Shame



Getting from point A to point Z can be daunting unless you remember that you don't have to get from A to Z. You just have to get from A to B. Breaking big dreams into small steps is the way to move forward

Sheryl Sandberg

Climb Every Mountain

In 2003 Hannah Shields was forced to abandon her attempt less than 300 feet from the summit.

Her attempt to scale the world's most unforgiving peak was expected to take about two months - but she managed the challenge in about six weeks in May 2007.



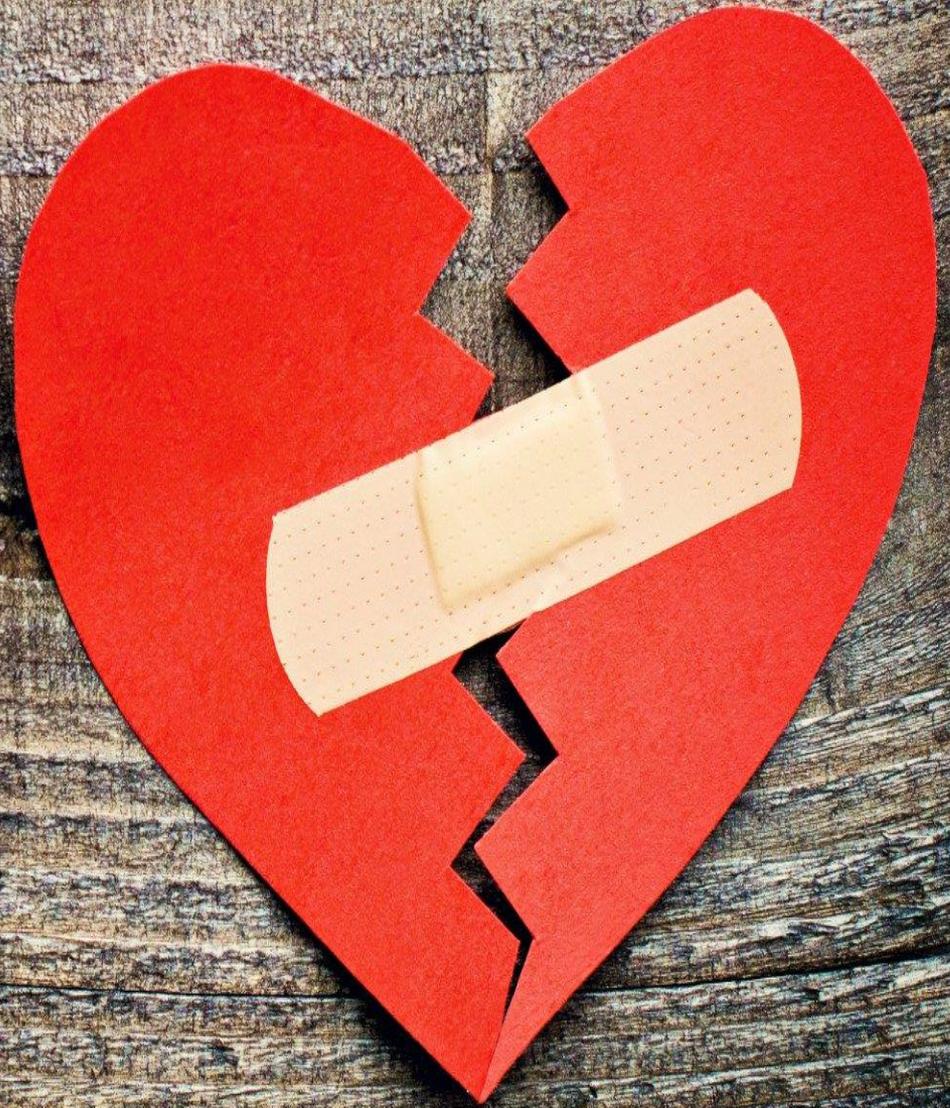
Hannah Shields

First woman from Northern Ireland to climb Mount Everest

What's Going On In Somebody's Head?

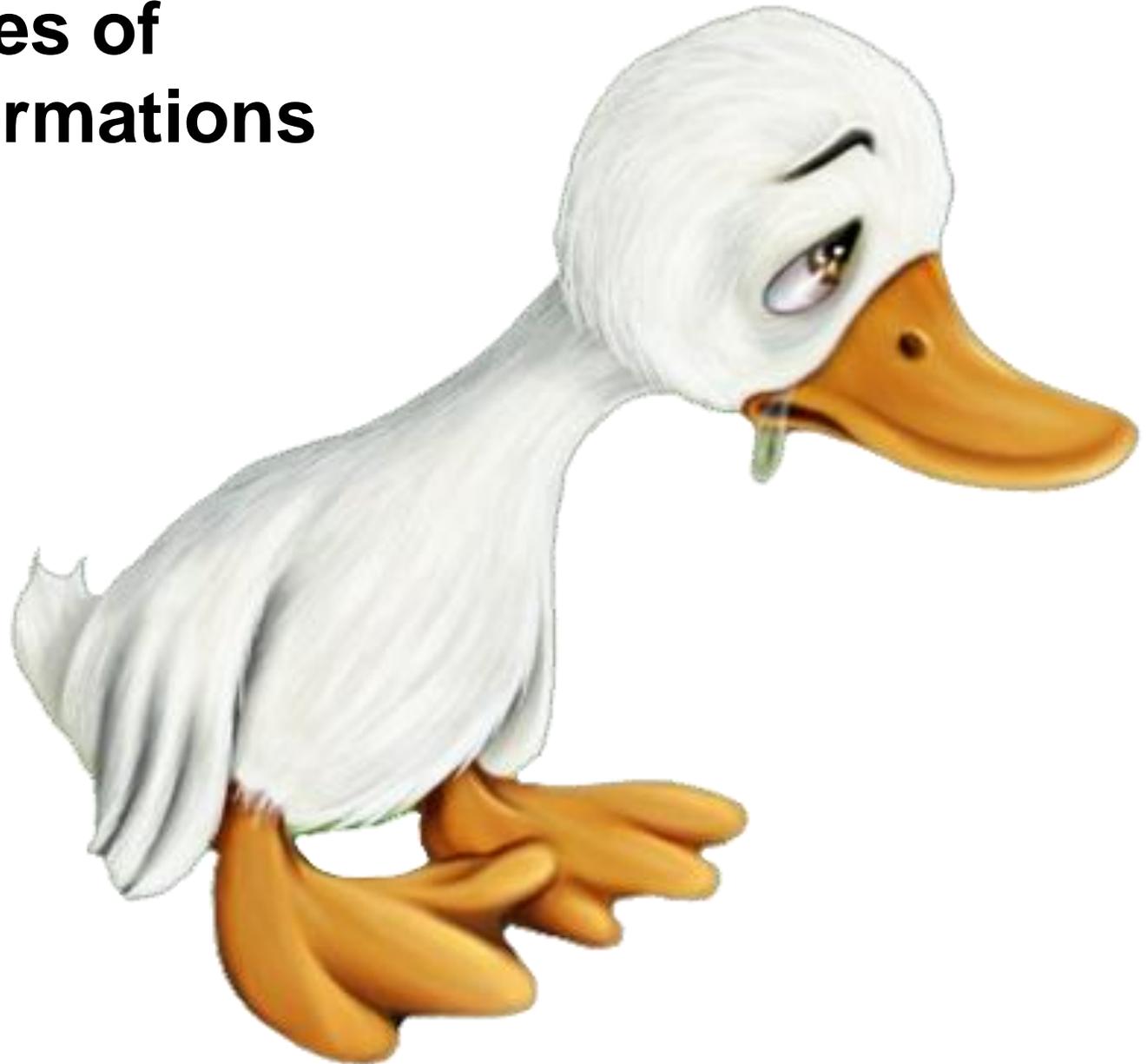


Not All
Wounds
Are
Visible





Tales of Transformations





Resilience: the ability to be successful in the midst of a high-pressured, fast-paced and continuously changing environment.

The Wisdom of Oz: Personal Resilience



AFFIRMATIONS:

*Giving Emotional Support or
Encouragement*

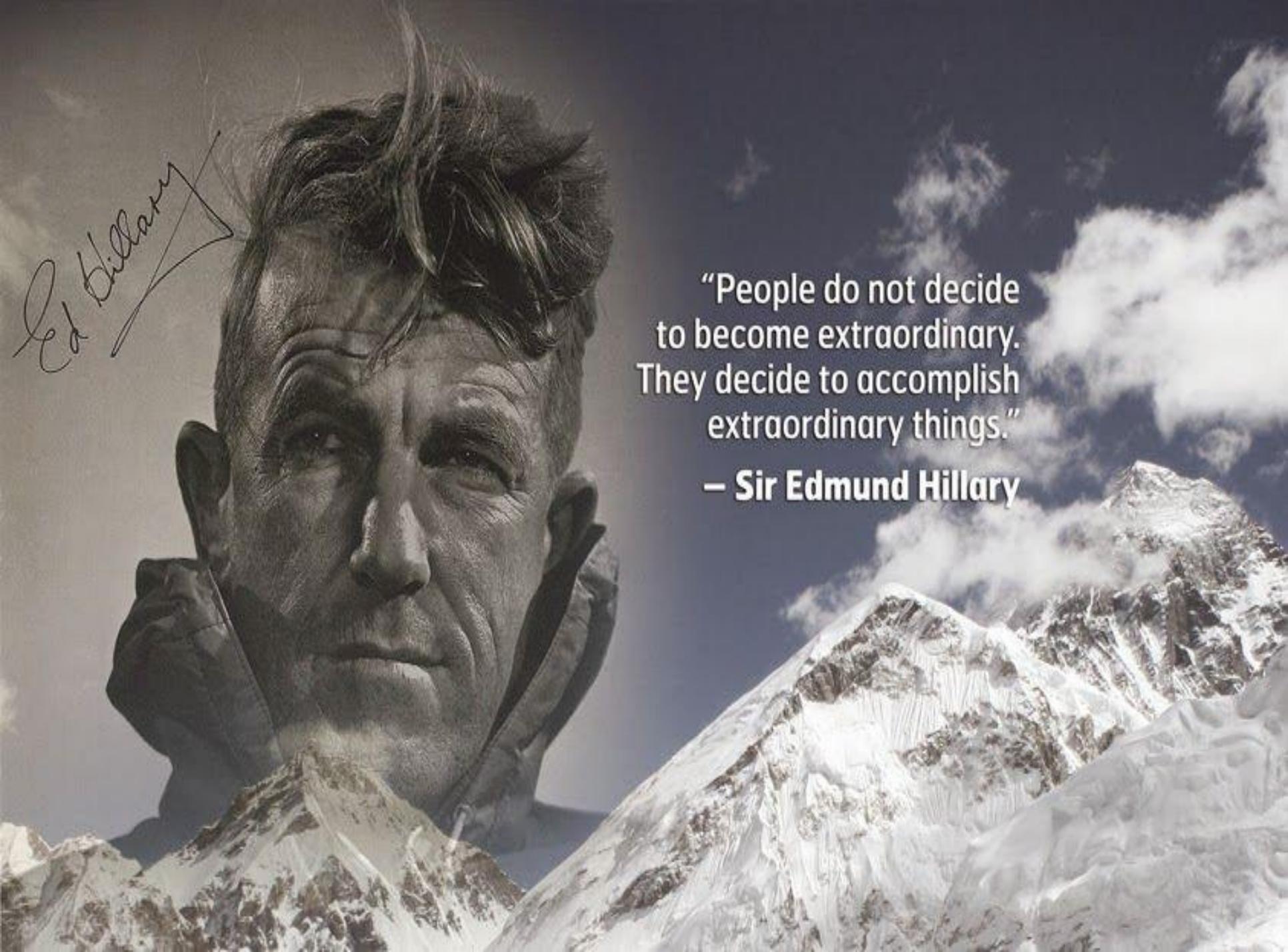
Compassion



Generosity of Spirit



Rio 2016: Abbey D'Agostino and Nikki Hamblin embody 'Olympic spirit' by helping each other finish race



Ed Hillary

“People do not decide to become extraordinary. They decide to accomplish extraordinary things.”

– **Sir Edmund Hillary**



Look again at that dot

That's here

That's home

That's us

