

MOVING FROM ISOLATION TO INCLUSION USING THE *POWER OF CONNECTION*

THREE PROVEN WAYS TO UNITE WITH OTHERS

"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







A Chance For Bliss



DAVID WOODS BARTLEY





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Respect. Understanding. Truth. Honor.



SOMETIMES
WHAT
HURTS THE
MOST
CAN'T BE
SEEN.



**WHY IS IT SO
DIFFICULT TO TALK
OPENLY ABOUT
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





WHAT TO LOOK FOR

Symptoms

- Cognitive ability decreases
- Isolation and loss of morale
- Emotional intensity increases
- Behavior and judgment impaired
- Exhaustion and physical ailments
- Constant tiredness, even after resting
- Difficulty falling asleep or excessive sleeping
- Loss of self-worth and emotional modulation
- Feeling helpless or hopeless about the future
- Feeling disconnected from your emotions and/or your body
- Increased levels of anger, irritability, resentment, or cynicism



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

"Connection is the currency of wellness."

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."*



“I define connection as the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgment, and when they derive sustenance and strength from the relationship.”

–DR. BRENE BROWN



RECOGNITION

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

DALE CARNEGIE

"A person's name is the greatest connection to their own identity and individuality. Some say it is the most important word in the world to that person."

JOYCE E. A. RUSSELL



Don't be afraid to ask, "what is your..."

P _____

A _____

R _____

A _____

Lose the _____ and the _____.



Names are the gateway to connection.

Don't be afraid to ask, "what is your..."

Pause — slow down and stop.

Ask — spelling, origin, nickname.

Repeat — correctness and pronunciation.

Associate — to something to increase likelihood you will remember.



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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YOU MIGHT BE SURPRISED...



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



“

*David what does it feel like to
be depressed?*



*“Our listening creates a sanctuary
for the homeless parts within
another person.”*

-DR. NAOMI RAMEN, M.D.



“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 of human gifts and the happy delivery of it another."

MARK TWAIN



EXPRESSIONS

T

S

A



EXPRESSIONS

Timely — do it ASAP.

Specific — be detailed in your acknowledgement.

Authentic — write from heart space.



"Happy today!"





Three bonuses that come with connection:

Reciprocity, Release, Reinforcement






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.**

