

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



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.



TYPES OF QUESTIONS TO ASK

The best questions begin with "*What*" and "*How*"
versus "*Why*" and "*When*."

In response to behavior that makes no sense, it's best
to shift from automatic, "*what's wrong with you,*" to,
"*what happened to you?*"



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

Timely — do it ASAP.

Specific — be detailed in your acknowledgement.

Authentic — write from heart space.





FROM MENTAL "HELLNESS" TO MENTAL WELLNESS



DAVID WOODS BARTLEY

UNDERSTAND

SURRENDER

ACCEPT



UNDERSTANDING

"The power to make experience intelligible by applying concepts and categories."

THE 3 PARTS OF UNDERSTANDING:

1

A

2

E

3

W



AWARENESS

To become mindful of how your condition is influencing your thinking, feelings and actions.





Every thought is a battle,
every breath is a war,
and I don't think
I'm winning anymore.

EDUCATION

To become knowledgeable about what your condition is and what it isn't. The various forms it takes, how many people it impacts, and what are the signs to look for in yourself and others.



Signs to look for when you're concerned

Nine signs of mental illness

healthdirect
healthdirect.gov.au

What are the symptoms of a mental illness? If a friend or loved one doesn't seem themselves, how do you spot the difference between a bad mood and something more serious?



Feeling anxious or worried



Feeling depressed or unhappy



Emotional outbursts



Sleep problems



Weight or appetite changes



Quiet or withdrawn



Substance abuse



Feeling guilty or worthless



Changes in behaviour or feelings

If you're concerned about a friend or loved one, ask them how you can help. The first step for them should be to see a doctor or other healthcare professional.

If you think there is an immediate risk of suicide or self harm, dial triple zero (000)

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

WILLINGNESS

*To be prepared to do the things
that people who live well do.*





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SURRENDER

"To give oneself over to something."

THE 3 PARTS OF SURRENDER



RELEASE

*To let go of the false identity
created by your condition.*



YIELD


*To the possibility that you can
indeed be well and enjoy the
bliss of mental health.*



FALL

*Back into the arms of the
people who can help you.*



A person with long brown hair, wearing a blue hoodie, stands with their back to the camera in a forest. The forest has many thin trees and a grassy ground. The lighting is soft and natural.

*The eternal God is your refuge,
and underneath are
the everlasting arms.
He will drive out your
enemy before you, saying,
'Destroy him!'*

Deuteronomy 33:27

angiedailey.com



ACCEPTANCE

"The action of consenting to receive or undertake something offered."

THE 3 PARTS OF ACCEPTANCE

1

R

2

S

3

H



RESPONSIBILITY

Accept responsibility to do the work that needs to be done.





One Model of Self-Care

“A good laugh and a long sleep are the two best cures for anything.”
-IRISH PROVERB

Body

Sleep hygiene
Clean diet
Exercise
Time outside

Mind

Counseling/Therapy/Group
Medication

Spirit

Ritual/Practice
Purpose



SELF

Accept yourself as you are.



HELP

Accept help from others.







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