

totally mental



**VOL
85**

**STAY WILD,
STAY CRAZY,
STAY YOU. THE
WORLD IS TOO
BUSY TRYING
TO FIT IN TO
REALIZE HOW
AWESOME IT IS
TO STAND
OUT.**

BITS & BOBS

**STRONG ENOUGH TO BE SEEN
WEIRD? OR JUST DIFFERENT?
REALNESS V AUTHENTICITY**

STRETCHING YOUR COMFORT ZONE

**THE BODY'S BEST FRIEND
EAP AND OTHER RESOURCES
WHOLE PERSON WELLNESS**

THE FRONTLINE

WORK YOU V HOME YOU

FINANCIAL WELLNESS

A POINT TO PONDER

ABOUT THE AUTHOR

MENTAL HEALTH RESOURCES



STRONG ENOUGH TO BE SEEN

Let's get one thing straight: vulnerability isn't weakness. It's guts. It's walking into a room without your armour on, knowing damn well you could get hurt - and still showing up.

We live in a world that rewards the highlight reel and punishes the pause. But being real? That's rebellion. Letting someone see the actual you - the messy, unsure, overthinking, tender you - takes a kind of strength most people are too scared to touch.

Vulnerability means saying "I'm not okay" when everyone else is pretending they are. It's owning your story instead of editing it to fit someone else's version of perfect. And here's the truth: the moment you crack open, you make it safe for someone else to breathe. That's powerful. That's leadership.

So yeah, it's risky. You might not be met with understanding every time. But you'll be met with something better: yourself.

Unfiltered. Unapologetic. Unafraid.
And that? That's the real flex.



[click here to listen to this ted talk](#)

TED TALKS

MENTAL HEALTH

Derek Sivers

"Weird, or Just
Different?"





♡♡
Be You
whoever that is!

Same Same, But Different

“Be real.”

“Be authentic.”

They sound like twins, but they’re not.

Being real is ripping the filter off.

It’s saying,

“This is me, like it or not.”

It’s the unedited, unshaved, emotionally uncensored version of you that doesn’t give a damn what the world thinks. And that’s powerful.

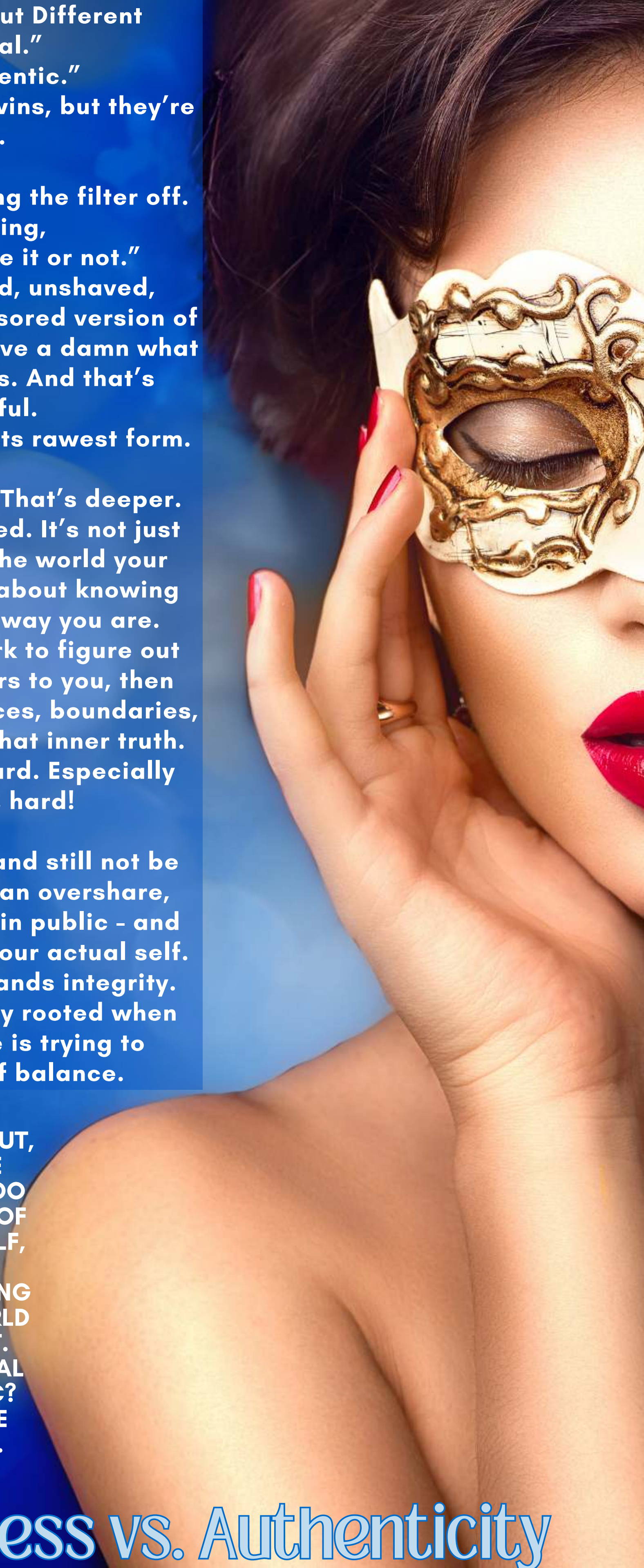
That’s honesty in its rawest form.

But authenticity? That’s deeper. That’s soul-aligned. It’s not just about showing the world your messy side - it’s about knowing why you are the way you are. It’s doing the work to figure out what truly matters to you, then aligning your choices, boundaries, and energy with that inner truth. Even when it’s hard. Especially when it’s hard!

You can be real and still not be authentic. You can overshare, explode, unravel in public - and still be avoiding your actual self. Authenticity demands integrity. It asks you to stay rooted when everything else is trying to knock you off balance.

SO BE REAL, YES. SHOW UP, FLAWS OUT, NO FILTER. BUT BE AUTHENTIC TOO - DO THE GRITTY WORK OF KNOWING YOURSELF, OWNING YOUR VALUES, AND MOVING THROUGH THE WORLD LIKE YOU MEAN IT. BECAUSE WHEN REAL MEETS AUTHENTIC? THAT’S WHEN THE MAGIC HAPPENS.

Realness vs. Authenticity



**Trying new things doesn't just excite you,
it heals you.**

**Think about the last time you tried
something new.**

**It could've been as simple as cooking a new dish
or as adventurous as traveling to a place you've
never been. Whatever it was,
remember the rush?**

**That's your brain firing up in ways
it hasn't in a while.**

**When we step out of our comfort zones,
our minds are forced to adapt, grow, and
stretch. New experiences, even small ones,
stimulate our brains, shaking off the
cobwebs of routine. It's like a mental workout,
pushing us to think differently, problem-solve,
and break free from habitual
patterns of thought.**

**When you try something new, you're boosting
dopamine levels, the brain's "feel-good"
chemical. That rush of dopamine helps reduce
stress, combat anxiety, and elevate your overall
mood. It's like giving your mind a shot of joy.
When you step into the unknown - when you try
that new skill, meet new people, or explore new
places - you're fostering mental flexibility. And
flexibility? That's key for mental health.**

**These new experiences don't have to be
extreme. Start small. Take a different route to
work. The point is, do something new.**



*Why Stretching Your
Comfort Zone Matters*



"Perfectionism is the enemy of vulnerability.

It's only when we allow ourselves to be imperfect that we become truly relatable."

We all try to appear 'put together,' fearing that our imperfections will turn people away.

But here's the catch:

It's our flaws that actually bring us closer to others.

When we show up without the mask; messy, unsure, real... that's when true connection happens.

Perfectionism keeps us isolated, constantly hiding parts of ourselves.

But vulnerability?

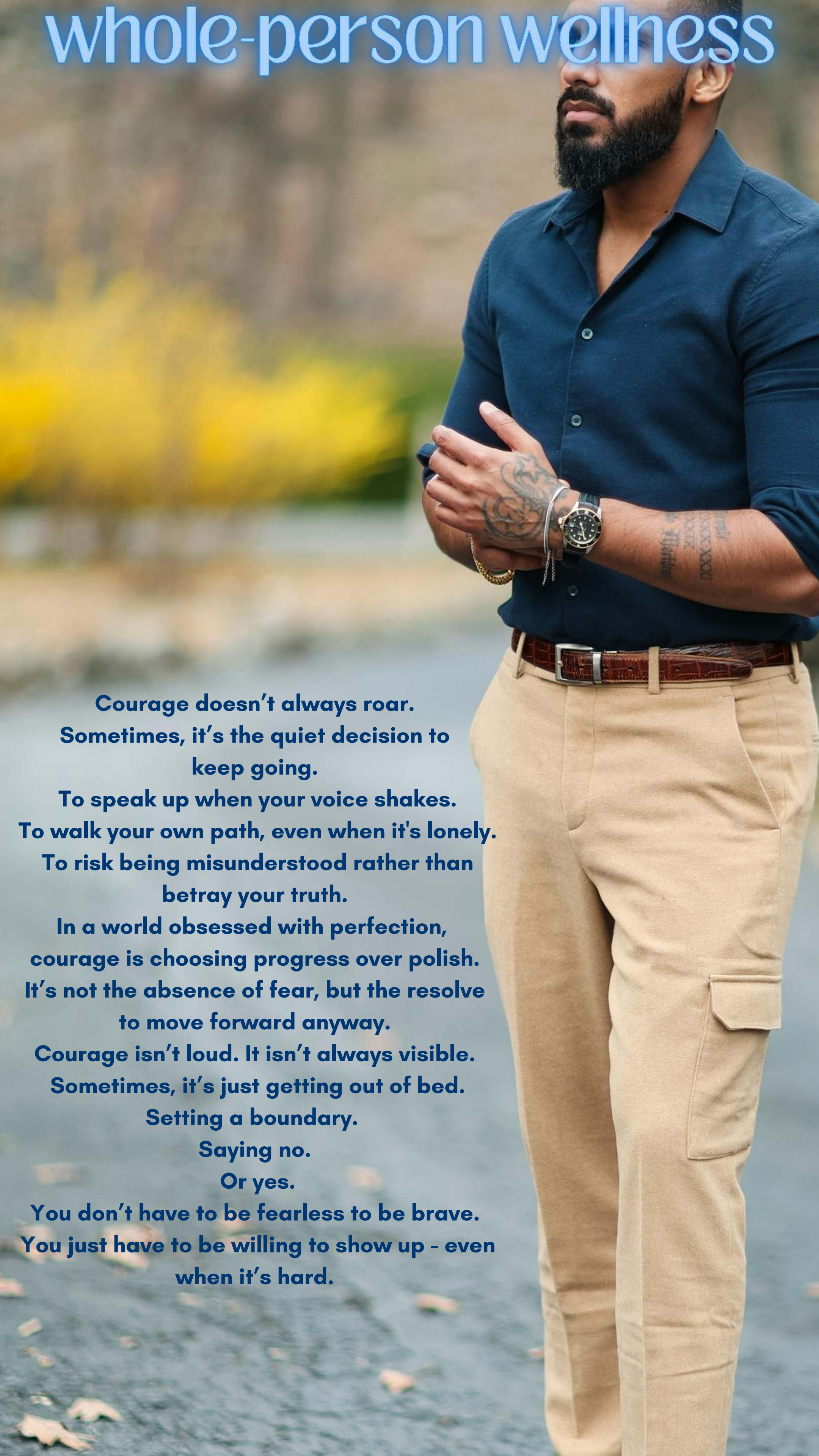
It opens doors for growth, both in us and in our relationships.

When we embrace imperfection, we create space for others to do the same.

So, stop chasing perfection.

Your messy, imperfect self is the one people will relate to the most.

whole-person wellness



Courage doesn't always roar.

**Sometimes, it's the quiet decision to
keep going.**

To speak up when your voice shakes.

To walk your own path, even when it's lonely.

**To risk being misunderstood rather than
betray your truth.**

**In a world obsessed with perfection,
courage is choosing progress over polish.
It's not the absence of fear, but the resolve
to move forward anyway.**

Courage isn't loud. It isn't always visible.

Sometimes, it's just getting out of bed.

Setting a boundary.

Saying no.

Or yes.

You don't have to be fearless to be brave.

**You just have to be willing to show up - even
when it's hard.**

Every day, they're out there; stocking shelves, assisting customers, and keeping businesses running smoothly.

And while it might seem routine from the outside, there's nothing simple about what they do - especially during peak times like Mother's Day, the second biggest retail moment of the year after Christmas.

We see their faces when we walk into a store, but rarely do we see the depth of what's required behind the scenes: helping customers find the right gift, tailoring the experience to make it feel personal, and delivering exceptional service at scale... all while managing stock, navigating long hours, and staying calm under pressure.

These employees are far more than just cashiers or stockers.

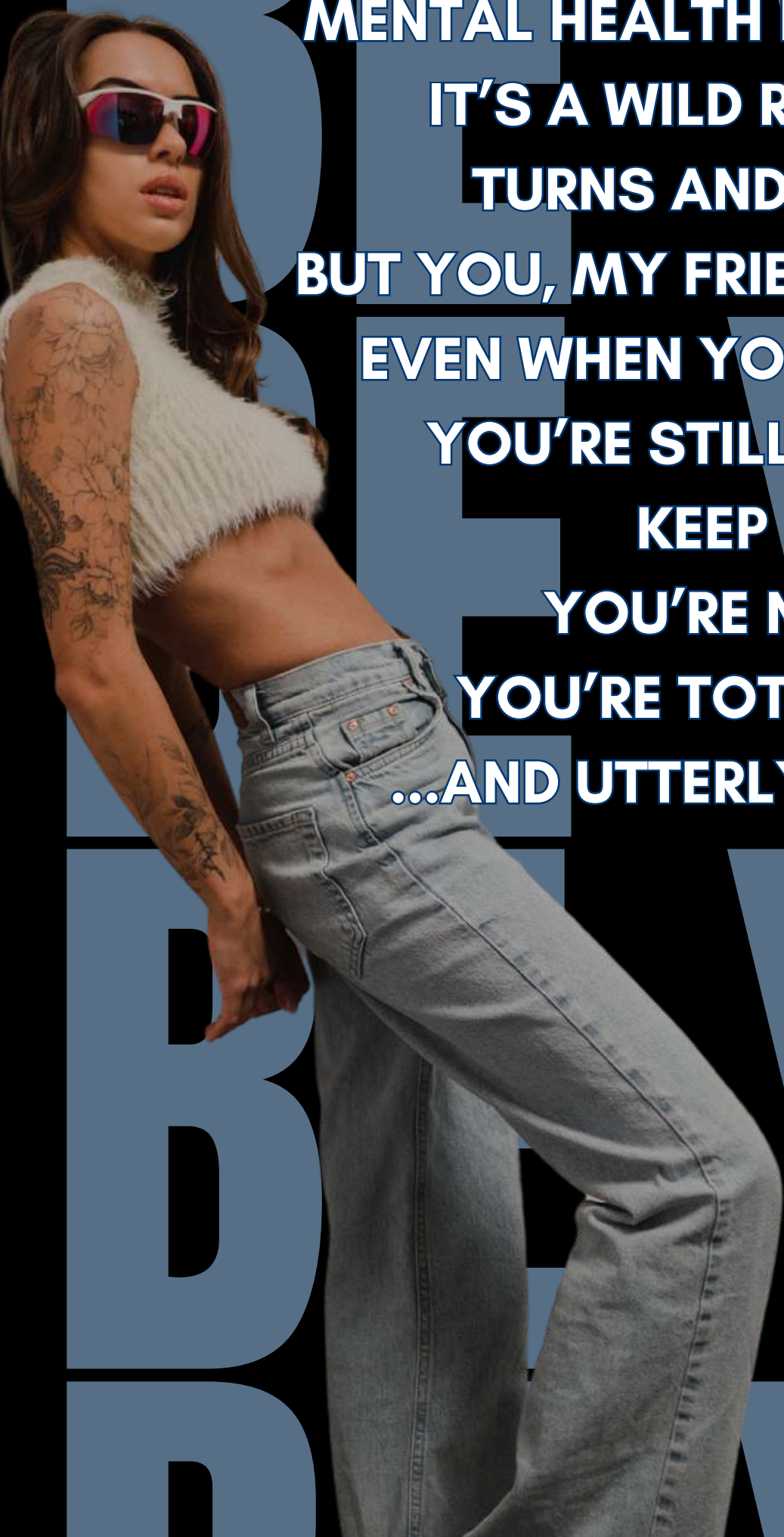
They're the ones who drive sales, foster loyalty, and provide the human touch that makes shopping memorable.

Without them, businesses would struggle, and our economy would feel the weight of its own fragility.

Let's start seeing them, truly seeing them, and acknowledge the essential role they play not just in our stores, but in our shared experiences.

FRONTLINE
volunteers

**YOU ARE NOT BROKEN.
YOU ARE NOT TOO MUCH.
YOU ARE EXACTLY THE RIGHT AMOUNT OF
CHAOS AND MAGIC.
YOU ARE A MOSAIC - CRACKED IN PLACES,
BUT THOSE LINES SHIMMER WITH GOLD
WHEN THE LIGHT HITS JUST RIGHT.
THE WORLD NEEDS YOUR KIND OF REAL.
NOT FILTERED, NOT FIXED -
RAW, LOUD, SOFT, MESSY, BRILLIANT.
SO STAY.
WRITE YOUR STORY IN CAPITAL LETTERS.
REST WHEN YOU NEED, FIGHT WHEN YOU CAN,
AND LOVE YOURSELF IN EVERY VERSION -
EVEN THE GLITCHY, ACHING ONES.
MENTAL HEALTH ISN'T A CLEAN LINE.
IT'S A WILD RIDE WITH HARD
TURNS AND HIGH PEAKS.
BUT YOU, MY FRIEND, ARE THE DRIVER.
EVEN WHEN YOUR HANDS SHAKE,
YOU'RE STILL AT THE WHEEL.
KEEP GOING.
YOU'RE NOT ALONE.
YOU'RE TOTALLY MENTAL
...AND UTTERLY MAGNIFICENT.**



A woman with short brown hair and blue eyes is wearing a blue and red superhero costume with a gold zipper. She is holding a cutout of her own face, which is layered over her face. The cutout shows her with a more neutral expression. In the background, other cutouts of faces are visible, including one of a man's face on the right and another person's face on the left. The title "WORK YOU VS. HOME YOU" is written in bold blue letters at the top.

WORK YOU VS. HOME YOU

We often wear different masks at work and at home, shifting our behaviours to meet expectations. This constant switch can drain us emotionally, leading to burnout, stress, and a loss of self-identity. The gap between these personas leaves us feeling disconnected, both from ourselves and others.

To find balance, set clear boundaries between work and home life. Being your true self in both spaces helps reduce stress and improve mental health. Employers also play a role by creating environments where employees feel safe to be themselves. Understanding the toll of this persona-shifting is crucial for mental well-being. By maintaining balance, we protect our mental health and strengthen our relationships at work and home.

Financial Wellness

How It Shapes Your Image



Financial wellness isn't just about paying bills or saving for the future - it's about feeling secure, making smart decisions, and having the confidence to navigate your financial life. How you manage money impacts how others see you and, more importantly, how you see yourself.

When financially secure, you project confidence in your personal and professional life. Financial stress, however, can diminish self-esteem and affect your interactions. People often make assumptions about your competence based on your financial health.

The real value of financial wellness is in the mindset it creates. Being in control helps you face challenges with clarity and confidence. Investing in your financial health shapes not only your future but also how you show up in the world.



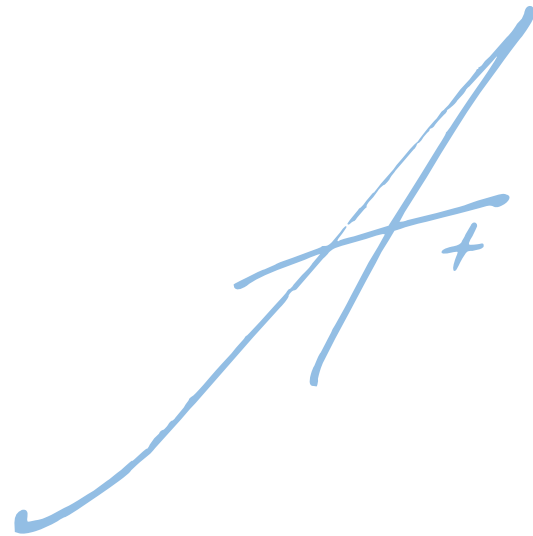


Go around your team and discuss
with each person:

How can WE build OUR team culture
and support mental health and
encourage authenticity?

Discuss this with your team or leave
your answer in the Comments...

THE AUTHOR



Life hasn't always been easy.

By the age of 40, I'd experienced unimaginable loss; from the heartbreaking deaths of loved ones (including my brother, sister, aunt and father) to betrayal of those closest to me, life threw some serious punches. After a devastating motorbike accident, several miscarriages and the loss of a job after my boss took his own life, came incredible joy with the birth of my two children. But life, it seems, has a way of testing us. My child struggled with being bullied, self-harm & suicidal thoughts, my husband faced an incapacitating mid-life crisis, and both my children received life-limiting diagnoses.

Facing my own challenges, like recovering from a stroke and navigating a divorce with my first husband, showed me the importance of support and inner strength.

But all these experiences, as difficult as they were, also shaped who I am today.

This led me to dedicate myself to learning everything I could about mental health over the last 17 years. I became a Master of Neuro-Linguistic Programming, studied Psychology, Child Mental Health, and Mindfulness, functional medicine and growth mindset strategies.

So this "Totally Mental" Mental Health magazine is more than just words on a page; it's a culmination of my lived experiences, my heartfelt empathy, and my unwavering belief in the strength of the human spirit.

Let's face it, life can be "totally mental" at times, but together, we can navigate the challenges and build resilience. My "superpower" is the ability to see things differently, find unique perspectives that can unlock solutions and empower individuals, drawing from my own story to create a space of understanding and empathy.

I'm not just someone who talks the talk. I'm someone who's walked the walk, stumbled, picked myself up, and kept going. I'm here to share relatable stories, practical tools, and evidence-based resources to help you navigate your own mental health journey. From my qualifications, lived experience and general courage to address difficult topics and advocate for change, I am equipped with the knowledge and tools to truly understand and advocate for your mental well-being.

This is my way of giving back, of using the challenges I've faced to build something bigger than myself and help others navigate life's inevitable difficulties.

Advocating for Mental Health & DEI on a global stage is more than just a task – it's a privilege. I'm here to listen, offer support, and empower you on your own journey of whole-person wellness.



MENTAL HEALTH RESOURCES

[Unlone Project – The Foundation
for Art & Healing](#)



[Mind Over Money – Financial
Therapy Association](#)



[The Green Ribbon Campaign –
Time to Change](#)



Your EAP is strictly confidential,
gives 4-8 free sessions of
counselling to you & your family.
Refer to page 11



FORTNIGHTLY FOCUS:

- ✓ Talk: "The Struggle of Mental Health" - TED Playlist
- ✓ Book of the week: "Parallel Lines" by Edward St Aubyn
- ✓ Podcast: "Mental Health Podcasts" - Black Dog Institute
- ✓ Talking Point: How can we build a team culture that supports mental health and encourages authenticity?
- ✓ Team Activity: Meet the Leader or Coworker - Meditopia
- ✓ Resources: "Mental Health Line" - NSW Health
- ✓ New Research: "Western Australian Mental Health Research Framework 2024-2028"
- ✓ App: Wysa

