



MENTAL
HEALTH
BUFFERING
... PLEASE
WAIT.

totally mental

VOL
91

*B*ITS & *B*OBS

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You know that moment where you know something needs to shift, but you haven't quite pedaled yourself forward yet. Wanting change and knowing how to start are rarely best friends. You're caught in the tension of, "I'm ready...ish," versus "Wait, what if I fall?"

FYI: the first push isn't glamorous. It's awkward, unsteady, and slightly terrifying. But, the thrill when things actually starts rolling! Suddenly, you've got momentum, direction, and that "hell yes, I did it!" glow.

So, maybe the secret isn't figuring out all the steps before you start. Maybe it's about letting go just enough to let the pedals do their thing. One wobble, one shaky push, one tiny pedal stroke at a time - and suddenly? You're moving. And then... unstoppable.



PAUSED AT THE STARTING LINE

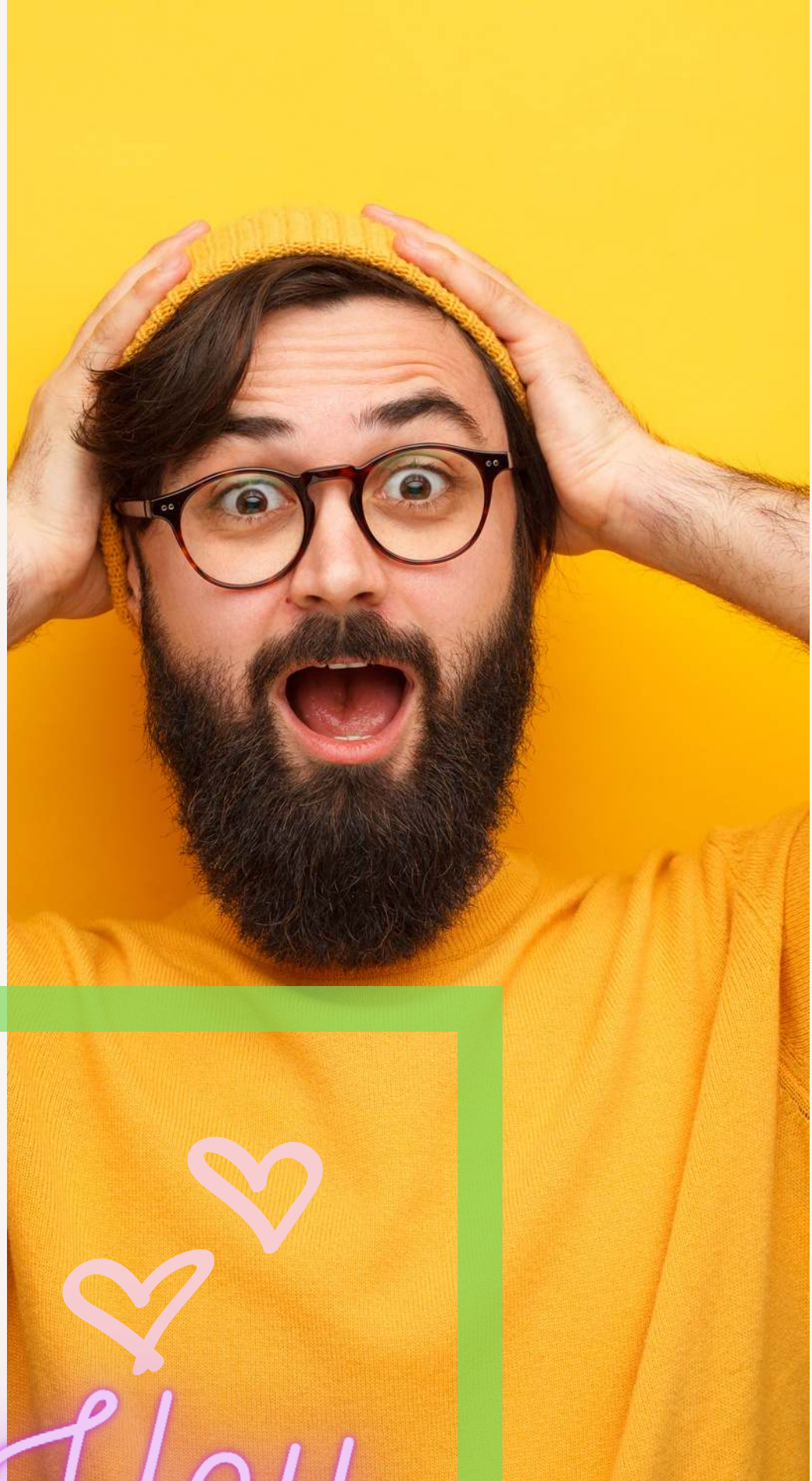
[click here to listen to this ted talk](#)

Olivia Remes

How to Cope with Loneliness



TED TALKS
MENTAL HEALTH



Be You
whoever that is!





You know that thing where your lips mouth words silently,
subconsciously, while you're thinking? That's overthinking in action.
Thinking is fine. Obsessing? Not so much.
At some point, you've got to stop rehearsing the what-ifs and just
choose. Make the call. Back yourself.

A simple hack: give yourself a decision
deadline. "By 5pm, I'm choosing."
It forces clarity & stops the
endless mental loop.
The truth is, clarity rarely comes before
action - it usually comes because of
action.

Caught in the
Maybe



Stories That Heal

Rituals aren't just fancy traditions – they're your emotional gym.

Ceremonies, even lighting a candle (or three) give your feelings a stage to strut, stumble, and ultimately get stronger.

Think of it as emotional CrossFit: sweat, tears, triumph, repeat.

Because sometimes healing isn't about "getting over it", it's about showing up, story by story, ritual by ritual, and realising you're way tougher than you thought.



Your body is like that loyal friend who never complains – ever.

It carries you through sleepless nights, bad dates, awkward meetings, and all the moments you'd rather forget.

It whispers when it's tired, shouts when it's angry, and groans when it's hungry, yet somehow keeps showing up.

Mental health isn't just in your head – it's in your body. Anxiety grips your chest, grief weighs on your shoulders, joy lifts your heart. Your physical self reflects your inner world, and your inner world reflects your physical self.

Treat your body like the best friend it is; listen, move, nourish, laugh, rest, repeat. Give it the space to process, the kindness to recover, and the freedom to just be.

Because let's be honest... ignoring it never ends well.



whole-person wellness

A close-up, low-angle shot of a person's legs from the mid-calf down to the feet. They are wearing black knee-high socks and black leather lace-up shoes with brogue detailing on the toe caps. The person is standing on a dark, wet cobblestone path that is heavily covered with fallen autumn leaves in shades of yellow, orange, and brown. The background is a soft-focus continuation of the leaf-covered path.

Wellness isn't just yoga mats and green smoothies - it's a full-body VIP treatment. Mind, body, heart, soul... they all want a little love. Stretch, laugh, hydrate, breathe, nap - yes, nap. Even your feet deserve a moment of glory.

Whole body wellness isn't a trend. It's showing up for yourself in every corner, every cell, every "ugh, not today" moment. Because when your whole self thrives, life suddenly feels... easier, brighter, and way more fun!



Hey legends, the busy season is rolling in
and yes, it's going to be full-on, fast,
and fabulous.

Remember, it's about the
sparkle you bring.

Every smile, every thoughtful touch,
every "just what you needed"
moment makes the difference.

Stay sharp, support each other
and breathe.

Let's make it brilliant.

FRONTLINE
Volunteers

OUR SPACE ISN'T JUST A PLACE TO WORK; IT'S A SPACE WHERE PEOPLE SHOULD GENUINELY WANT TO BE. A CULTURE BUILT ON THE BELIEF THAT GREAT WORK COMES FROM FEELING SUPPORTED AND INSPIRED. IT'S IN THE SMALL THINGS: THE SPONTANEOUS BRAINSTORMS THAT SPARK NEW IDEAS, THE QUICK CHECK-INS TO MAKE SURE A TEAMMATE ISN'T OVERWHELMED, AND THE EASY LAUGHTER THAT BREAKS UP THE DAY. WE CELEBRATE EVERY SUCCESS, BIG OR SMALL, BECAUSE WE KNOW EACH ONE IS A COLLECTIVE EFFORT. HERE, WE'RE NOT JUST COLLEAGUES - WE'RE A TEAM THAT SHARES A COMMON PURPOSE AND LIFTS EACH OTHER UP. CURIOSITY IS OUR COMPASS, AND EVERY CHALLENGE IS AN OPPORTUNITY TO LEARN AND GROW TOGETHER. THIS IS WHERE INNOVATION THRIVES, WHERE MINDS ARE OPEN, AND WHERE THE ENERGY IS ALWAYS POSITIVE. WE WORK WITH PURPOSE, AND WE FIND JOY IN THE JOURNEY.



Mental Health in a Minute

Mental health isn't complicated - but it's often treated like it is.

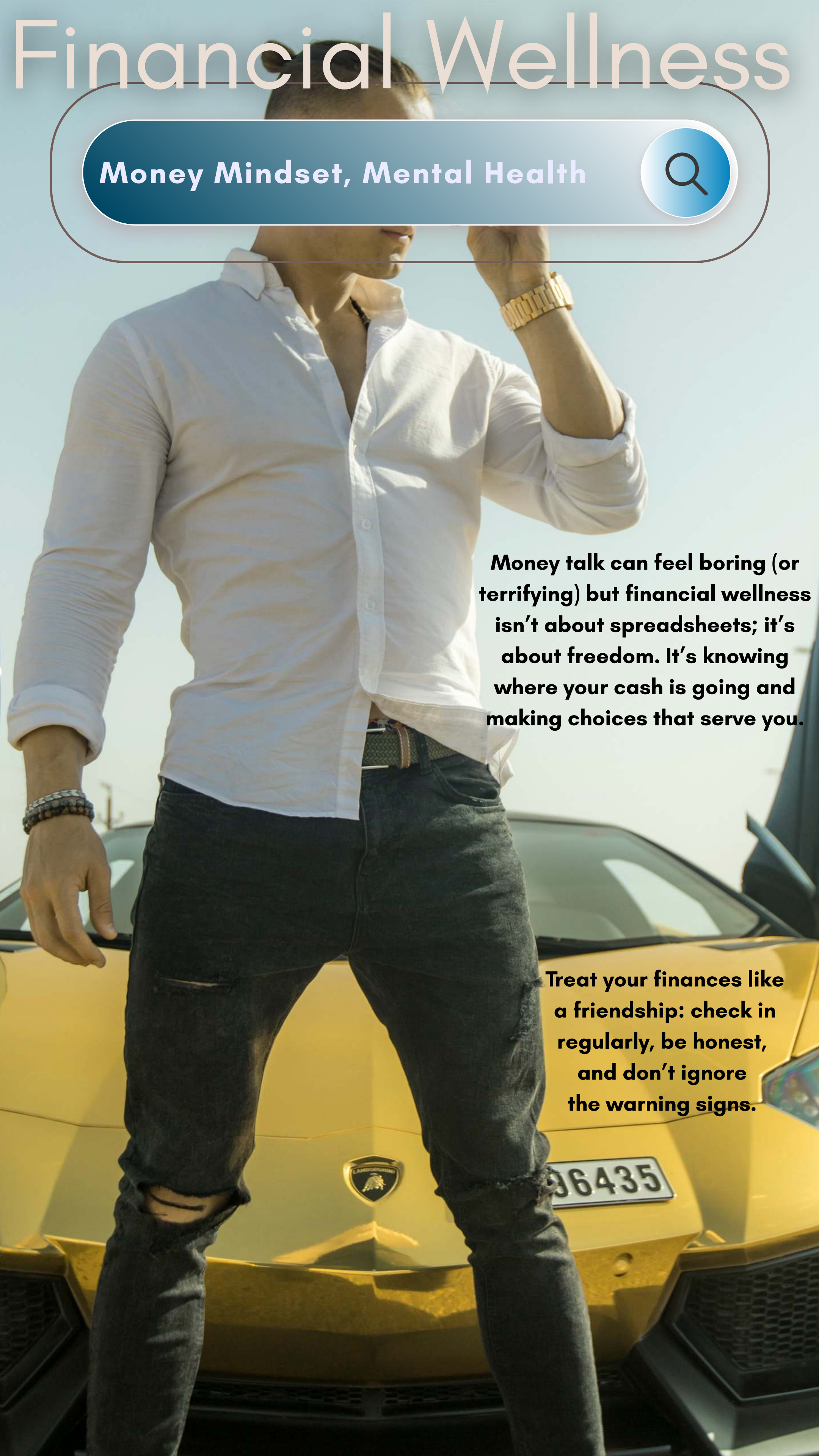
The truth? A single minute can make a difference.

One deep breath. One pause before reacting. One check-in with yourself: "How am I really feeling?"

That's it. Sixty seconds. That small act of awareness is a tiny lifeline to your mind, a reset button for your day, and a reminder that your mental health deserves attention - even in the middle of chaos.

Because sometimes, saving your sanity doesn't require hours of therapy or meditation apps... it just takes a minute.





Financial Wellness

Money Mindset, Mental Health



Money talk can feel boring (or terrifying) but financial wellness isn't about spreadsheets; it's about freedom. It's knowing where your cash is going and making choices that serve you.

Treat your finances like a friendship: check in regularly, be honest, and don't ignore the warning signs.



Q&A



Go around your team and discuss
with each person:

Which one teaches you more: a success
you earned... or a mistake you survived?

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

[Workplace Neurodiversity & Sensory Spaces:](#)



[Gamified Well-being Challenges](#)
[turn wellness goals into a fun,](#)
[interactive experiences.](#)



[Community-Driven "Purpose Days"](#)
[This article explains the benefits](#)
[and implementation of Volunteer](#)
[Time Off \(VTO\) policies.](#)



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



FORTNIGHTLY FOCUS:



Talk: "Workplace Mental Health – All You Need to Know (For Now)" by Tom Oxley.



Book of the week: “Lost Connections” by Johann Hari



Podcast: “Mental Health Happy Hour” by Paul Gilmartin



Talking Point: “If stress had a visible footprint in our office, what would it look like?”



Team Activity: Empathy Mapping Exercise



Resources: National Alliance on Mental Illness (NAMI) Workplace Resources



New Research: The impact of digital therapeutics (apps, VR, AI chatbots) on anxiety and depression



App: Woebot

