

**MENTAL HEALTH ISN'T A GLITCH
- IT'S PART OF THE SYSTEM UPDATE.**



**totally
mental**



Bits & Bobs

**THE ART OF DOING NOTHING
STILL STANDING PROUD
THE GAZE WITHIN
S.A.D**

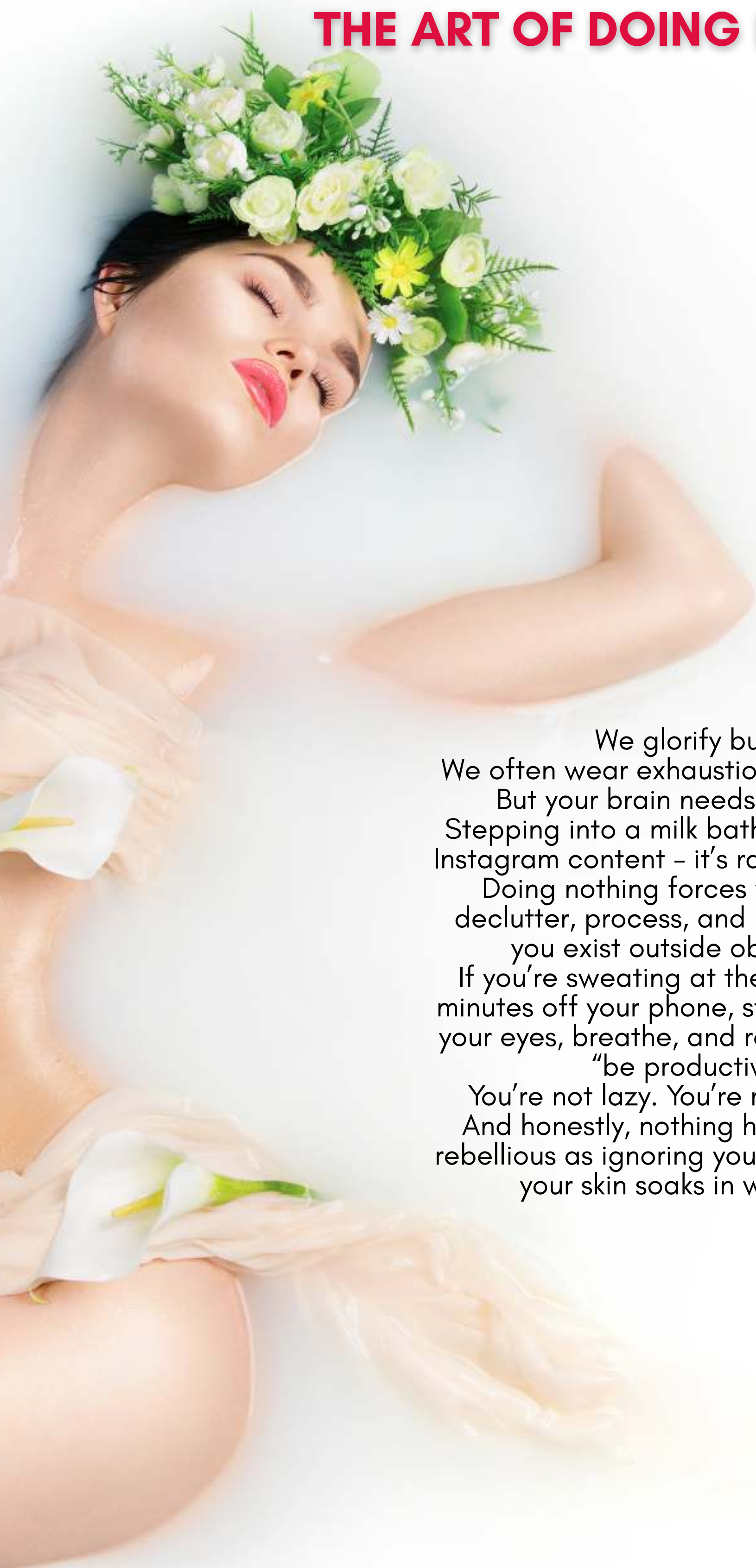
**THE BODY'S BEST FRIEND
EAP AND OTHER RESOURCES
WHOLE PERSON WELLNESS
THE FRONTLINE**

**MENTAL HEALTH IN A MINUTE
FINANCIAL WELLNESS**

**A POINT TO PONDER
ABOUT THE AUTHOR**

MENTAL HEALTH RESOURCES

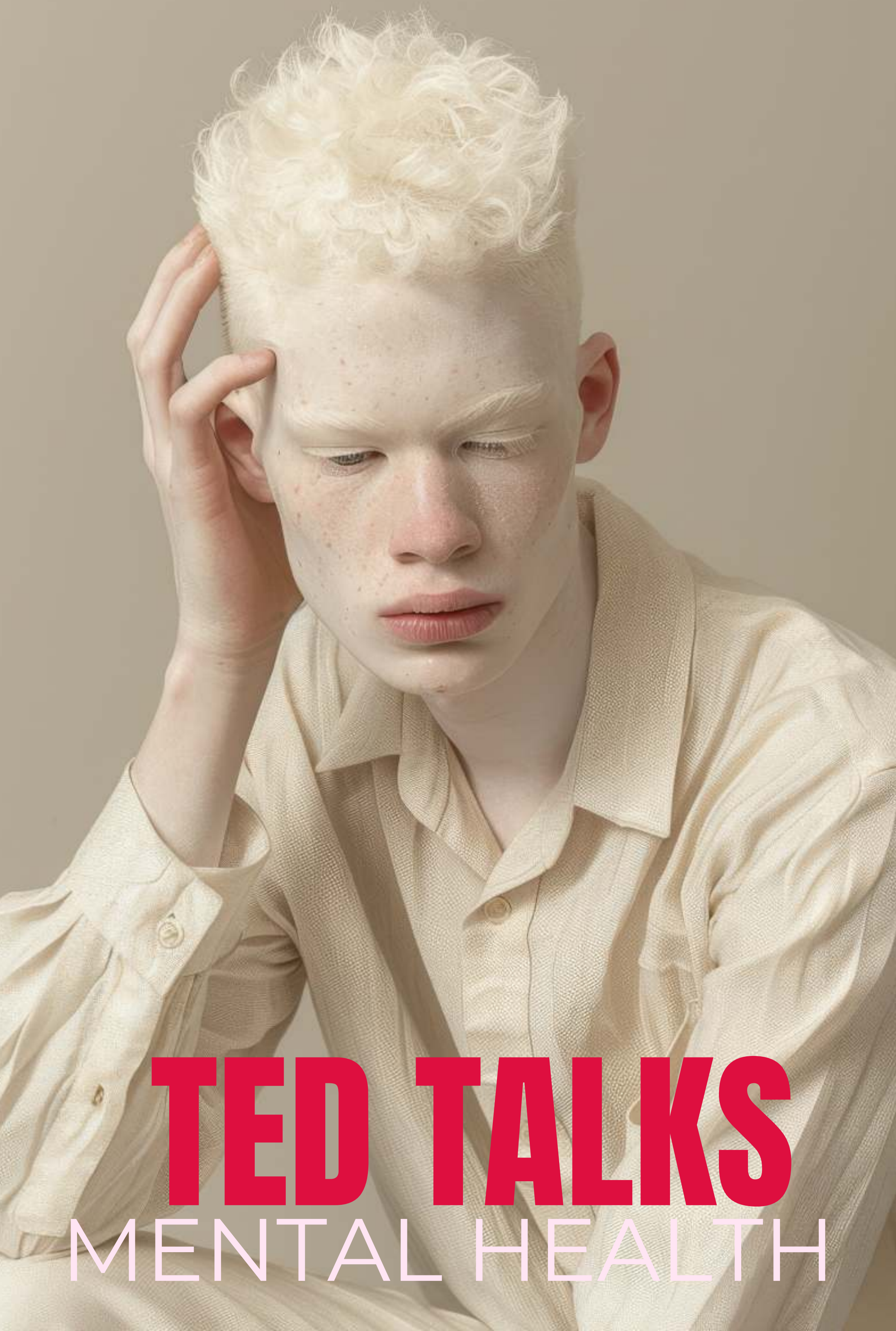
THE ART OF DOING NOTHING



We glorify busy.
We often wear exhaustion like a badge.
But your brain needs a timeout.
Stepping into a milk bath isn't just fancy Instagram content – it's radical self-care.
Doing nothing forces your brain to declutter, process, and remember that you exist outside obligations.
If you're sweating at the thought of 10 minutes off your phone, start small. Close your eyes, breathe, and resist the urge to "be productive."
You're not lazy. You're recalibrating.
And honestly, nothing has ever felt so rebellious as ignoring your to-do list while your skin soaks in warm milk.

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

Still Standing Proud: My Life
with Albinism
Susan Phiri



TED TALKS
MENTAL HEALTH



Be You
whoever that is!



The Gaze Within

Pale blue, deep brown, green, grey
– they all carry a story.
Some grab attention, some pull people in,
some keep you guessing.
What I've noticed: eyes are little windows into
how we feel, process, and perceive.
They betray the silent wrestles we endure –
empathy overload, existential panic, noticing
everything. It's exhausting.
But here's the gift: awareness breeds insight.
Your eyes, whatever their shade, may reveal
your storms – but they also see solutions others
miss. Harness that gaze.
Look inward not to escape the world,
but to understand it.
And yes – wear sunglasses sometimes.
Protect your soul and your optic nerves.

S.A.D: Beyond the winter blues

**Snow, lights, festive cheer... and a
pit of dread.**

**Seasonal affective disorder doesn't
care how merry your Instagram
looks.**

It's real, physiological, and sneaky.

**Light therapy, exercise, and
planning micro-happy moments can
help, but let's get real: sometimes
it's okay to just admit winter sucks.**

**Being proactive isn't always
glamorous; it's practical.**

**Pack your holiday sparkle with self-
compassion and a backup plan:
chocolate, sweatpants, or a random
dance in the kitchen.**

**Mental health isn't a photo op
- it's surviving and thriving
in spite of the season.**



the body's best friend

Your body is not the enemy.

Yes, it complains, aches, and sometimes refuses to cooperate - but it's also a powerhouse, the first line of defense for your mental health.

Floating in water, moving deliberately, even hugging your knees on the floor - all are reminders: your body is literally carrying you through life.

Treat it with curiosity and respect.

Don't punish it; partner with it.

Nutrition, movement, rest, play - they aren't chores, they're investments in your own survival plan.

Laugh at its quirks, marvel at its resilience, and never underestimate the brain-body handshake!



whole-person wellness

Mental health isn't just therapy or meditation or kale smoothies – it's all of it.
Emotional, physical, spiritual, relational.

Whole person wellness means looking at your life like a messy puzzle and committing to putting every piece somewhere – sometimes wonky, sometimes perfect.

Stand at the edge of your metaphorical sea, feel exposed, and embrace the discomfort.

Growth lives there.

Sleep, relationships, purpose, movement – they feed each other.

Neglect one, the others wobble.

The trick?

Notice the wobble, fix what you can, and forgive what you can't.

Life is imperfect; wellness is resilience.



Ever worked retail during December?
Your brain knows.

Frontline workers are juggling smiles, patience, and
problem-solving like pros
– sometimes in the middle of chaos.

Mental health support here isn't optional
– it's what keeps the magic alive.

Check-ins, breaks, peer support, micro-moments of
joy – they make all the difference.

And yes, laughing at a mannequin or sharing a silly
moment with a teammate counts as self-care.

Let's celebrate the humans behind the counter.
They bring energy, kindness, and creativity to every
shift – supporting them is how we keep
the sparkle in retail alive.



FRONTLINE

Retail

If you have any topics you'd like
covered or questions to ask, please
let me know...

**LIFE ISN'T MEANT TO BE ENDURED; IT'S MEANT TO BE LIVED
WITH UNCONDITIONAL LOVE AND JOY AT THE CENTRE.
NOT THE PERFECT, POLISHED KIND OF LOVE – BUT THE
MESSY KIND THAT SAYS “I SEE YOU, I’VE GOT YOU, NO
MATTER WHAT.” JOY ISN’T IN THE BIG MILESTONES ALONE;
IT’S IN THE SMALL SPARKS – A LAUGH THAT BREAKS
TENSION, A QUIET CHECK-IN WHEN SOMEONE’S
STRUGGLING, THE COURAGE TO CELEBRATE
EVEN THE TINIEST WINS.
WHEN WE CHOOSE LOVE WITHOUT CONDITIONS,
WE CREATE SPACE FOR PEOPLE TO GROW, STUMBLE,
AND RISE AGAIN. WHEN WE CHOOSE JOY,
WE REMIND OURSELVES THAT LIFE ISN’T JUST
ABOUT THE DESTINATION – IT’S ABOUT
FINDING LIGHT IN THE JOURNEY ITSELF.
LOVE AS THE FOUNDATION. JOY AS THE FUEL.
THAT’S HOW LIFE EXPANDS.**



Mental Health in a Minute

Busy is the modern disease.
You don't have 60 minutes for meditation?
Fine... 60 seconds counts.

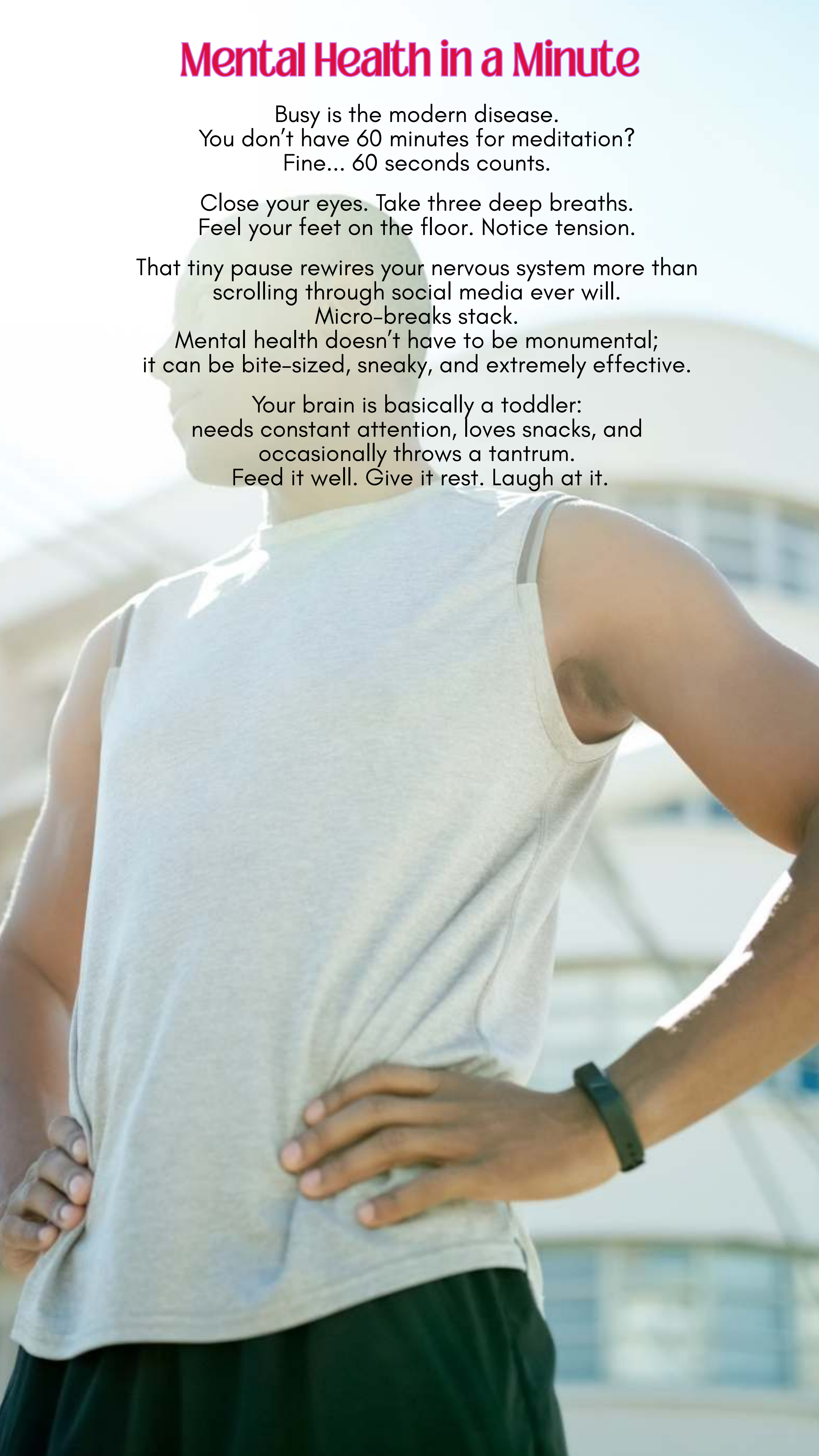
Close your eyes. Take three deep breaths.
Feel your feet on the floor. Notice tension.

That tiny pause rewires your nervous system more than
scrolling through social media ever will.

Micro-breaks stack.

Mental health doesn't have to be monumental;
it can be bite-sized, sneaky, and extremely effective.

Your brain is basically a toddler:
needs constant attention, loves snacks, and
occasionally throws a tantrum.
Feed it well. Give it rest. Laugh at it.

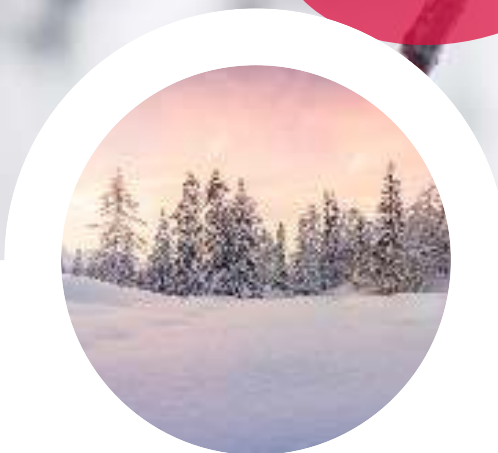


Financial Wellness

Money Mindset, Mental Health



**Money is emotional.
We talk budgets, investments, and retirement like
spreadsheets are therapy, but they aren't.
Financial wellness is peace of mind.
It's knowing your holiday boxes are wrapped and
you won't panic when life throws a curveball.
Small habits compound: tracking spending,
automating savings, forgiving mistakes.
Financial stress fuels anxiety faster than social
media gossip.
Treat your wallet like a patient friend: listen,
support, plan, and don't beat yourself up.
And yes, sometimes buy the chocolate you deserve;
it's part of long-term mental wealth.**



Go around your team and discuss
with each person:

What's one micro-moment in your day
where you could pause and reset your
mental state?

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

Harvard Health article on micro-practices for mental wellness



Mindfulness Exercises: 1-minute reset techniques



Headspace article on quick mental breaks



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



FORTNIGHTLY FOCUS:

✔ Talk: "All it takes is 10 mindful minutes" by Andy Puddicombe

✔ Book of the week: "The Happiness Trap" by Russ Harris

✔ Podcast: "Mental Illnes Happy Hour"

✔ Talking Point: Micro-breaks don't make you weak; they make your brain smarter.

✔ Team Activity: Breathing reset challenge

✔ Resources: 1-Minute Mental Health Checklist

✔ New Research: 2024 study found that 1-2 minute micro-breaks during work reduce stress hormones and improve focus by 20%.

✔ App: Insight Timer

