

REMEMBER: YOU'RE
ALLOWED TO BE BOTH
PRODUCTIVE AND
A LITTLE RIDICULOUS.

totally mental

BITS & BOBS

SECRET SUPERPOWERS
MIX, MATCH, MARVEL
SASSY SUNBEAMS
HIT PAUSE, HUG A PETAL
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



SECRET
SUPERPOWERS



Some people do things that stop you mid-breath
and make you think, "Wait... what?!"
They talk to strangers like BFFs, turn chaos into genius, or
create art that belongs in a gallery.
And you? You might trip over your own shoelaces trying the same.
That's okay. That's awesome!!!!

Everyone's got a superpower.
If someone's killing it - and loving it - let them run their lane.
Let the magic happen.

Letting people shine doesn't dim you.
Maybe your superpower is seeing brilliance in others
and giving them space to own it.
Life's too short to box brilliance.
Let people be brilliant.

Own the kind of brilliance only you bring! ✨

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

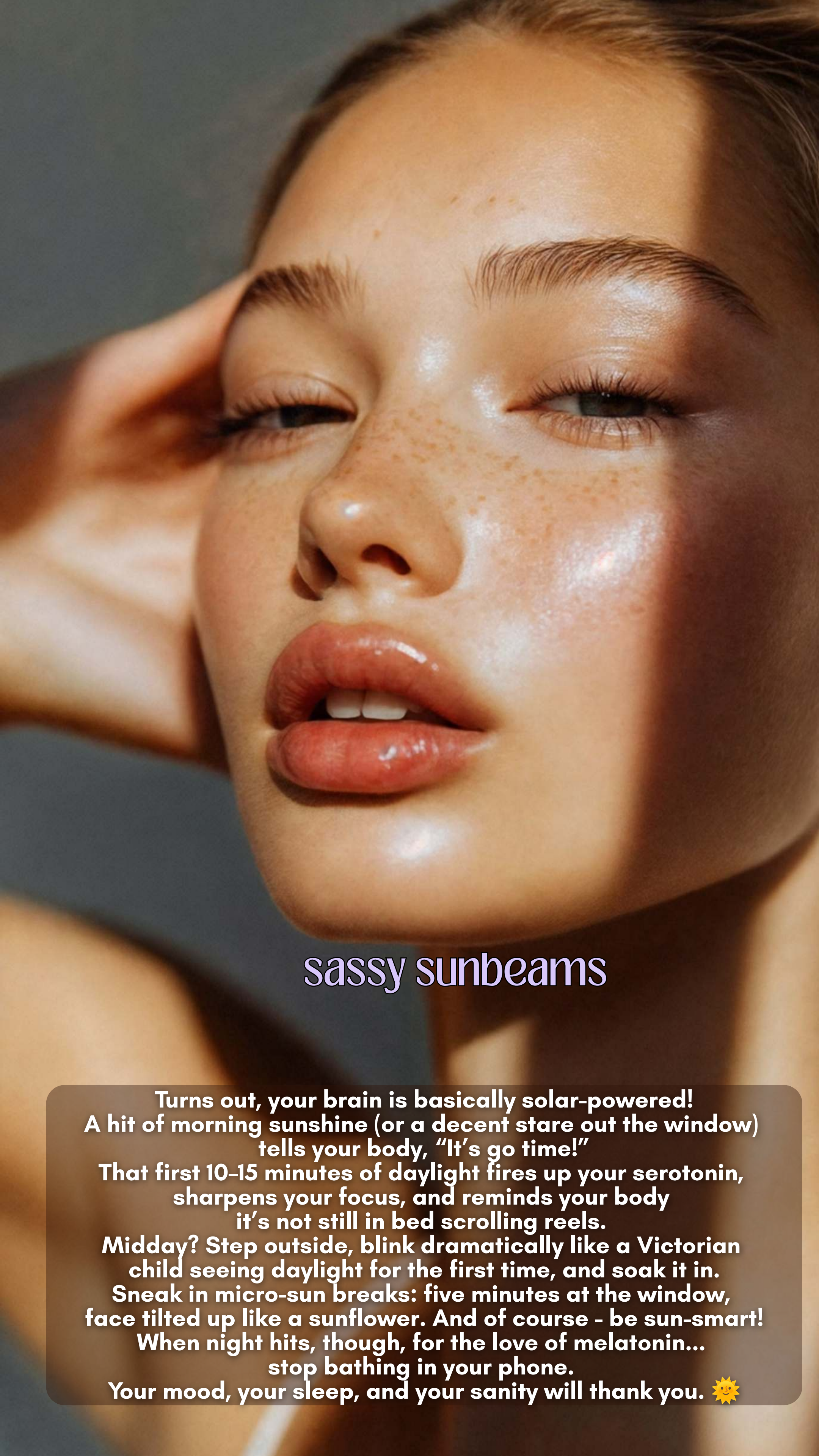
The Connection between
Culture, Race and Mental Health
Leyla Okhai



TED TALKS
MENTAL HEALTH



Be You
whoever that is!



sassy sunbeams

**Turns out, your brain is basically solar-powered!
A hit of morning sunshine (or a decent stare out the window)
tells your body, "It's go time!"
That first 10-15 minutes of daylight fires up your serotonin,
sharpens your focus, and reminds your body
it's not still in bed scrolling reels.
Midday? Step outside, blink dramatically like a Victorian
child seeing daylight for the first time, and soak it in.
Sneak in micro-sun breaks: five minutes at the window,
face tilted up like a sunflower. And of course - be sun-smart!
When night hits, though, for the love of melatonin...
stop bathing in your phone.
Your mood, your sleep, and your sanity will thank you. ☀️**

**Hit pause,
Hug a petal**

**Even flowers take their
sweet time to bloom...
and they're doing just
fine.**

**Life's a sprint until it isn't
(until your brain suddenly
taps out and your soul
starts waving a white
flag made of to-do lists).
That's your cue to stop.
To breathe. To look up.**

**You don't need a yoga
mat or a three-day
retreat - sometimes all
you need is to literally
stop and smell something
that isn't your stress.**

**Step outside, find a
flower, a leaf, a weed
that's fighting the odds
through a crack in the
pavement, and just...
notice it.**

**In that tiny pause, your
nervous system gets the
memo: we're safe now.
The world slows, your
heart unclenches, and
your brain gets a moment
off the hamster wheel.**

**So... hit pause, hug a
petal, or whatever
version of that works for
you. The emails can wait.
The world won't collapse.**





Fork Yeah!

Let's be real: life is busy, brains are fried, and sometimes your idea of a meal is whatever survives the bottom of your fridge.

But... what you put in your body is basically fuel for your mood engine.

**Good food = better vibes.
Bad food = grumpy zombie mode.**

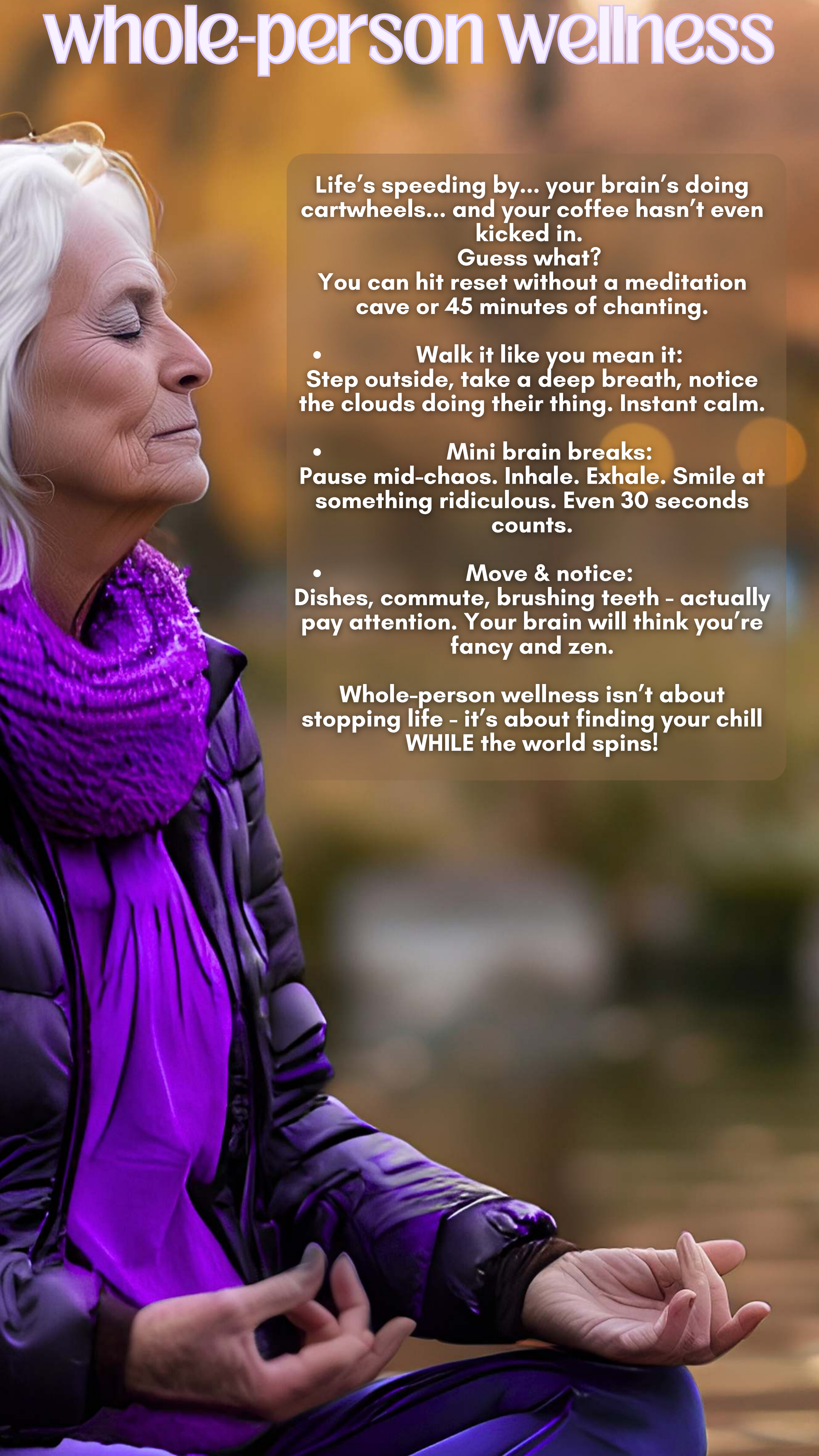
3 lightning-fast tips to keep your energy up and your mood in check:

- 1. Keep nuts, fruit, or dark chocolate handy. Chewing releases happiness chemicals (science, people!)**
- 2. Bright veggies = brain fuel + Instagram-worthy lunch. Your brain loves variety as much as your taste buds do.**
- 3. Hydrate like a boss: Water first, coffee second. A dehydrated brain is a sad, slow brain.**

Watch how your mood and energy start high-fiving each other!



whole-person wellness

A woman with short, wavy white hair is shown in profile, facing right. She has her eyes closed and a serene expression. She is wearing a dark blue puffer jacket over a bright orange long-sleeved shirt. Her hands are resting on her knees in a meditative mudra, with fingers interlaced and thumbs pointing up. The background is a soft-focus outdoor scene with warm, golden light, suggesting a sunset or sunrise.

Life's speeding by... your brain's doing cartwheels... and your coffee hasn't even kicked in.

Guess what?

You can hit reset without a meditation cave or 45 minutes of chanting.

- **Walk it like you mean it:**
Step outside, take a deep breath, notice the clouds doing their thing. Instant calm.
- **Mini brain breaks:**
Pause mid-chaos. Inhale. Exhale. Smile at something ridiculous. Even 30 seconds counts.
- **Move & notice:**
Dishes, commute, brushing teeth - actually pay attention. Your brain will think you're fancy and zen.

Whole-person wellness isn't about stopping life - it's about finding your chill WHILE the world spins!



You've Got This!

Whatever this is (big, small, weird, messy, or totally confusing) you've got it.

Your brain might freak, your heart might groan, but somehow, somehow - you've got it.

Step forward, stumble if you must, take a breath, and keep going.

Because the truth is simple: you are the storm and the calm, the question and the answer, the weight and the lift... and you've got this!

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 RUSHED; IT'S MEANT TO BE
SAVOURED - SOMETIMES WITH A CUPPA IN HAND, A CHAT
AT THE TABLE, AND REAL CONNECTION IN THE HEART.
NOT THE TIDY, SCHEDULED KIND OF CONVERSATION, BUT
THE MESSY KIND THAT SAYS, "I SEE YOU, I HEAR YOU, I'VE
GOT YOU... NO MATTER WHAT."**

**CONNECTION ISN'T ONLY IN THE BIG, SOUL-SHAKING
MOMENTS; IT'S IN THE SMALL SPARKS - A SHARED LAUGH
THAT SNEAKS UP ON YOU, A PAUSE TO REALLY LISTEN, THE
COURAGE TO SAY SOMETHING HONEST WHEN IT FEELS
EASIER TO STAY QUIET.**

**WHEN WE CHOOSE TO SIT, SIP, AND TRULY ENGAGE,
WE CREATE SPACE FOR STORIES TO UNFOLD, FOR HEARTS
TO LIGHTEN, AND FOR PEOPLE TO BE SEEN
EXACTLY AS THEY ARE.**

**A CUPPA, A CHAT, AND A MOMENT OF
GENUINE CONNECTION:**

THAT'S WHERE LIFE'S LITTLE MAGIC HAPPENS.

**COMFORT AS THE BASE. CONVERSATION AS THE SPARK.
THAT'S HOW HEARTS EXPAND.**



Mental Health in a Minute

Mental health isn't about polishing your life until it sparkles - it's about surviving without completely losing your sh*t!

Some days you inhale an entire chocolate bar and call it therapy. Other days you stare at your to-do list like it personally insulted you.

Your brain is a drama queen, demanding Oscars-level performances over the tiniest inconvenience, and somehow, you still show up.

The good news? You can hand out mental health in a minute - drop a joke, share a snack, send a meme, or just nod like you actually understand someone's existential meltdown.

Life isn't perfect, and neither are we. But inch by inch, laugh by laugh, imperfect human moment at a time, we keep going - slightly still unhinged, and somehow still thriving.

Showing up for yourself and for others (even in tiny, messy ways) creates ripples. Those small moments of care, humour, or connection? They actually matter. More than you think.

Financial Wellness

Wallet + Mind = Squad Goals



**Your wallet and your mind are secretly best friends.
Feed one with small wins - tracking, saving,
asking for help - and the other gets
calmer, lighter, and way more grateful.**



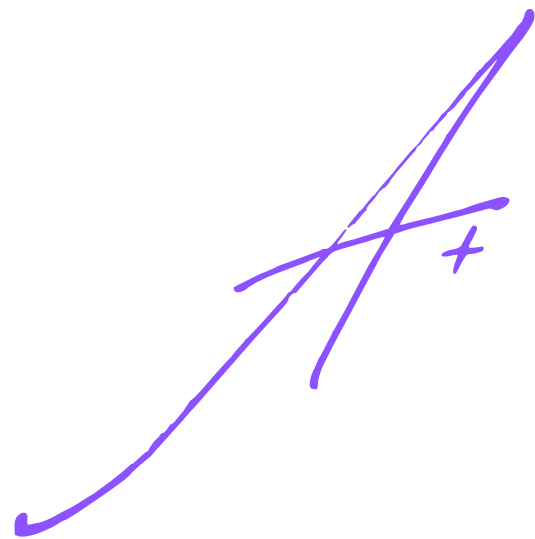


Go around your team and discuss
with each person:

**What's one thing that made you feel
good recently, and one thing you could
use a bit of support with?**

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

Ask Izzy: A curated list of mental health, housing, and wellbeing services



Head to Health: a free service that connects you with mental health support that's right for you.



Smiling Mind: free, evidence-based mindfulness & meditation platform developed by psychologists



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



FORTNIGHTLY FOCUS:



Talk: "Domestic Violence: What everyone needs to know" by Hannah Petrillo



Book of the week: "Happiness: A Guide to Developing Life's Most Important Skill" by Matthieu Ricard



Podcast: "Vagus Nerve Stimulation: Modulating the Parasympathetic Response" on Pathways to Well-Being



Talking Point: Did you know that 60% of adults with mental illness receive no treatment?



Team Activity: "Pinball" Trust-Building Exercise



Resources: Mind – Mental Health Information Hub



New Research: Australia's divorce rate has reached its lowest point since the 1975 Family Law Act, with a median marriage duration of 13.2 years



App: Happify

