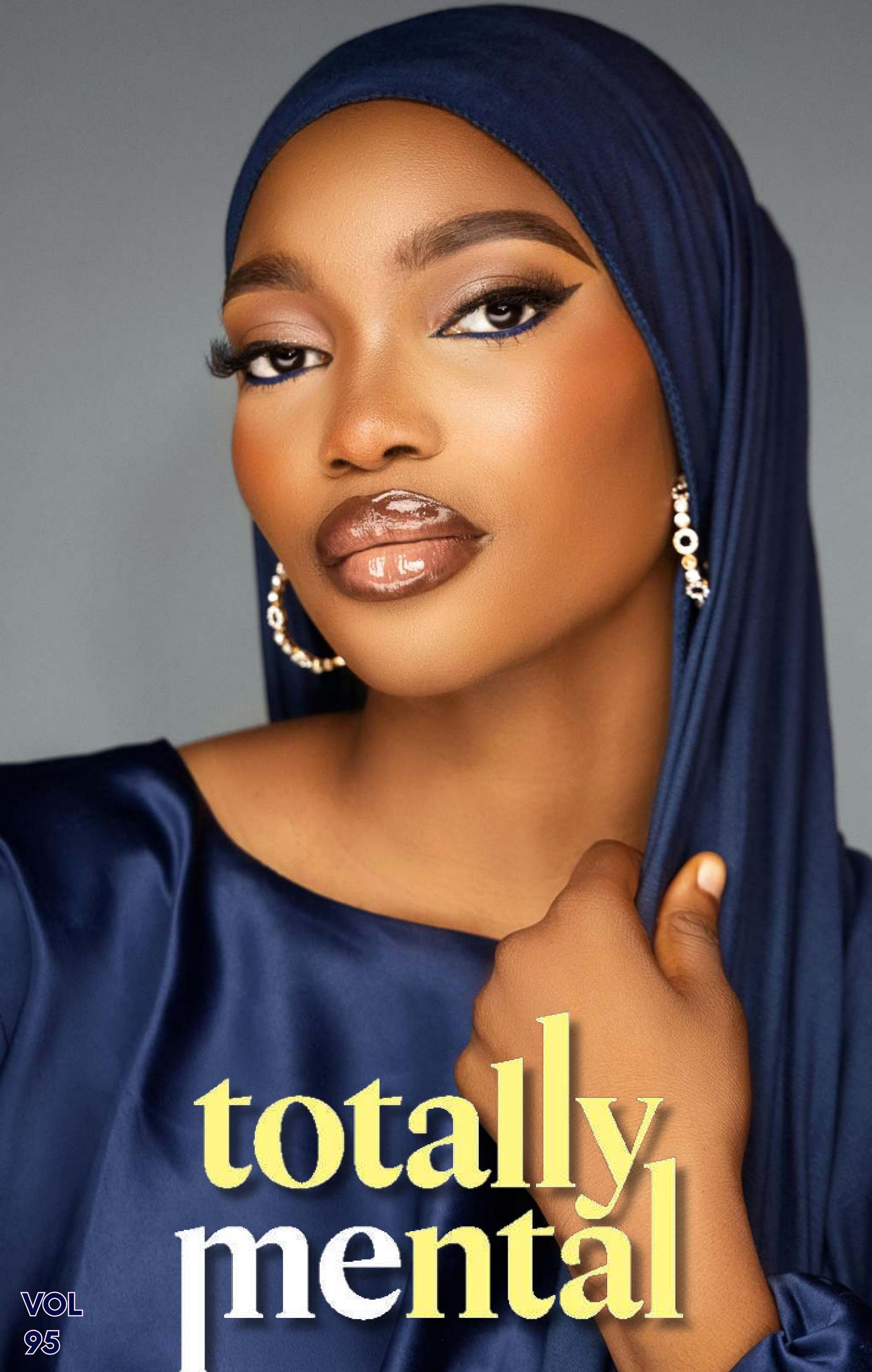


NOTHING EVER GOES AWAY
UNTIL IT HAS TAUGHT US WHAT WE NEED TO KNOW



totally
mental

*B*ITS & *B*OBS

LIVING OUT LOUD

THE HIDDEN POWER OF SMILING

THE SILENT WEIGHT OF DOING NOTHING

THE HOLIDAY LIE

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





LIVING OUT LOUD

Being yourself isn't always easy. Living authentically in a world that sometimes ignores or misunderstands you takes guts. Every time you own who you are, you're not just surviving - you're building resilience, bit by bit. Pride isn't just about flags or parties; it's about saying, quietly or loudly, "I exist. I matter. My mental health matters too." Strength shows up in small ways: speaking your truth, leaning on people who get you, or simply showing up as yourself every day.

The hidden power of smiling.

Ron Gutman

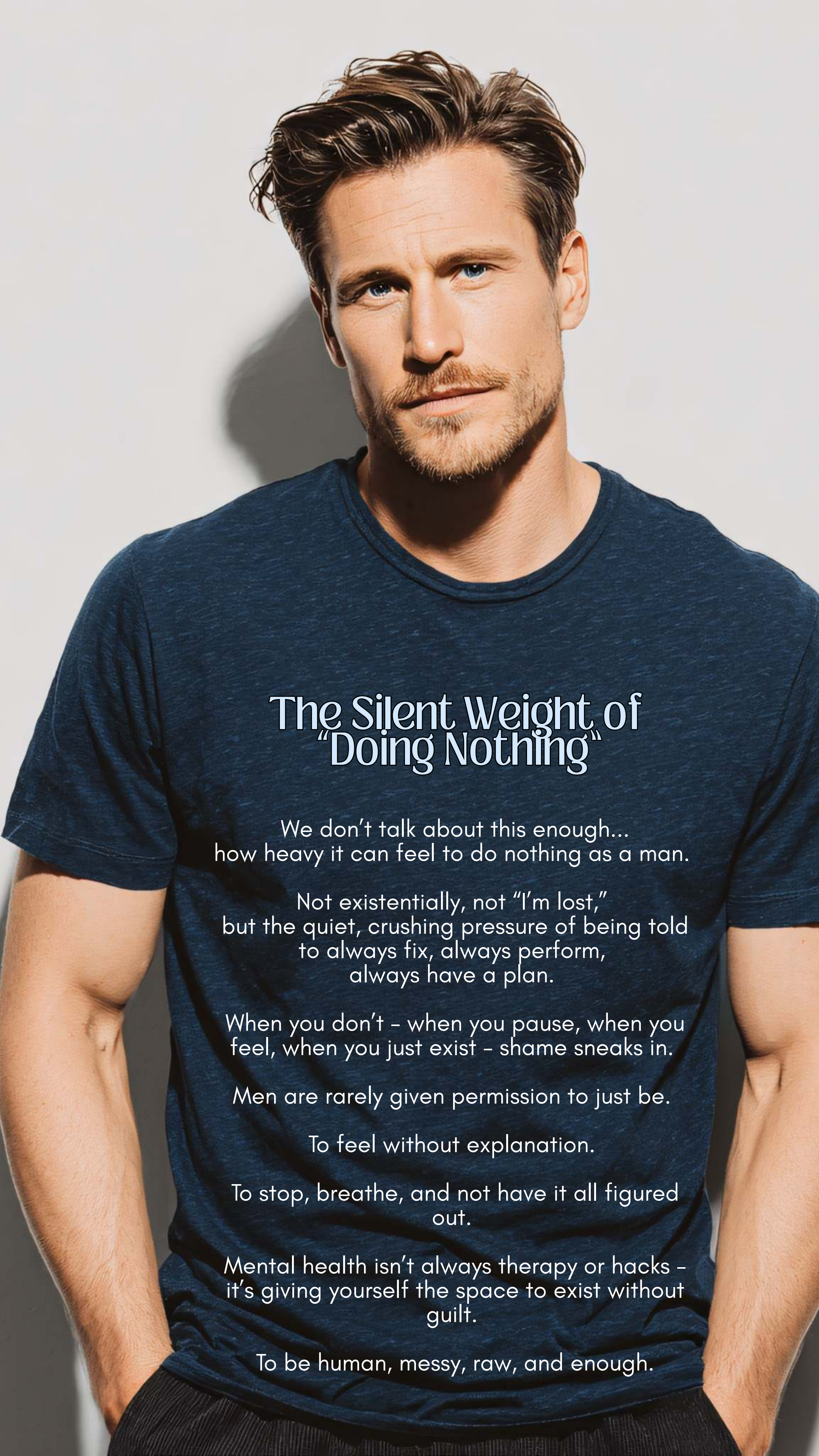
Susan Phiri

TED TALKS

MENTAL HEALTH



Be You
whoever that is!



The Silent Weight of “Doing Nothing”

We don't talk about this enough...
how heavy it can feel to do nothing as a man.

Not existentially, not “I'm lost,”
but the quiet, crushing pressure of being told
to always fix, always perform,
always have a plan.

When you don't – when you pause, when you
feel, when you just exist – shame sneaks in.

Men are rarely given permission to just be.

To feel without explanation.

To stop, breathe, and not have it all figured
out.

Mental health isn't always therapy or hacks –
it's giving yourself the space to exist without
guilt.

To be human, messy, raw, and enough.

The Holiday Lie: Merry Isn't Mandatory

Christmas isn't a universal joyride. For many, it's loud, lonely, exhausting, and full of expectations that don't fit reality. The "happy family" image we're sold? A trap. It tells you your grief, your exhaustion, your anger, your emptiness is wrong. That if you don't smile at Uncle Bob's bad jokes or pretend the tree smells amazing, something is broken inside you. It's not. It's real life, and the holidays don't owe you a warm glow.

The brutal truth: mental health doesn't take a holiday. Stress spikes, old wounds flare, and toxic family dynamics come out swinging. And yet we're told to soldier on, to "just be grateful" or "count your blessings." Sometimes the healthiest thing you can do is say no, step back, or even skip it entirely—and still allow yourself to breathe, feel, and survive. Survival is enough. You don't have to be merry to matter.





Travel: Your Brain's Secret Ally

Your body doesn't just carry you; it listens.

Travel shocks your system in all the right ways: new sights, smells, movement, and rhythms wake up your brain, reset stress circuits, and remind your body it's alive.

Even a weekend away can break patterns of anxiety, shift perspective, and give your mental health a quiet boost.

Movement, fresh air, and the unfamiliar aren't indulgences - they're medicine.

Your body thrives on novelty.

Your mind thrives when your body feels alive.

Pack light, step out, and let the world remind you you're bigger than your stress.



whole-person wellness

Your body isn't just where you live... it's the loudest roommate you've got, and it has *feelings*!

Movement doesn't mean sweating through a bootcamp; a walk, a stretch, or dancing like your dog isn't judging you can shake out tension and remind your brain it's allowed to chill.

Every little wiggle is basically a love note to yourself: "I'm here. I matter. Yes, I look ridiculous - and that's okay."

Wellness isn't just in your head; it's in your muscles, your heartbeat, your lungs.

So move a little, laugh at yourself while you do it, and let your body remind you what being alive actually feels like.





When it feels like
everything's too much,
just keep going - your
next step doesn't have
to be perfect, it just has
to be forward.

FRONTLINE

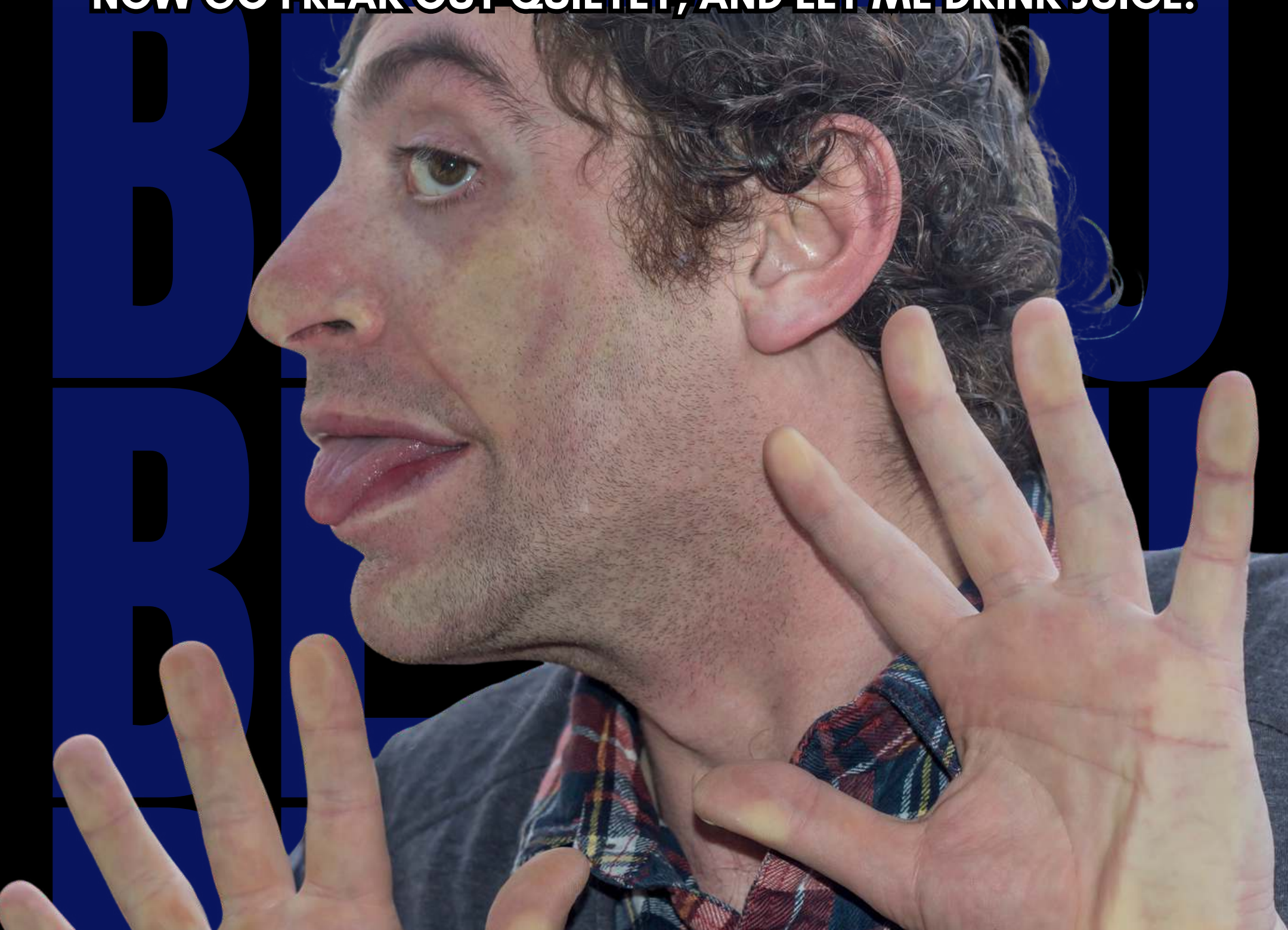
Retail

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

**DEAR BRAIN, YOU SNEAKY LITTLE BRAT,
WHY WAKE ME UP AT 3:17 FOR A SPAT?
I DON'T NEED A CRISIS, A WORRY, A FIGHT,
I WAS SLEEPING! YOU ABSOLUTE FRIGGIN DELIGHT!
ANXIETY, DEPRESSION, OCD PARTY IN MY HEAD!
YOU BROUGHT GIFTS I NEVER ASKED FOR
"THANKS", I SAID.**

**I TRIED YOGA, MEDITATED, ATE KALE WITH FLAIR,
STILL YOU SCREAMED,
"EXISTENTIAL DREAD! NOW SHARE!"
THERAPY BILLS STACKED HIGHER THAN MY SNACKS,
AND DON'T GET ME STARTED ON THOSE
MOOD-TRACKING APPS.**

**BUT SOMEHOW I SURVIVE, STUMBLE, AND COPE,
WITH COFFEE, SARCASM, AND ZERO REAL HOPE.
SO HERE'S TO MENTAL HEALTH - CHAOTIC, INSANE,
THE ULTIMATE ROOMMATE WHO REFUSES TO BE TAMED.
I LOVE YOU, I HATE YOU, LET'S CALL IT A TRUCE,
NOW GO FREAK OUT QUIETLY, AND LET ME DRINK JUICE.**



Mental Health in a Minute

The “Scream Into a Pillow and Dance Like a Maniac” Challenge

- Grab a pillow (or cushion, or cat if it’s cooperative. Don’t sue me).
- Set a timer for one minute.
- Put on your loudest, most absurd song (think Queen, Shakira, or something you secretly love).
- Step 1: Scream into the pillow like your boss, your ex, or life itself just insulted you.
- Step 2: Immediately follow it with the wildest dance moves you can imagine. Spin, jump, flail your arms – embarrassment is mandatory.
- When the timer goes off, take a deep breath.
- Congratulations! You’ve just expelled stress, shocked your brain into joy, and earned a mini mental health victory.
- Guaranteed awkwardness, guaranteed laughs, guaranteed FEELING ALIVE!



Financial Wellness

Money for Sanity



Money doesn't buy happiness - but it buys breathing room!!

Even enough for a coffee or a quiet moment to yourself can stop stress from hijacking your brain.

Track a little, save a little, claim your wins - and suddenly, your mental space feels lighter than your bank balance.

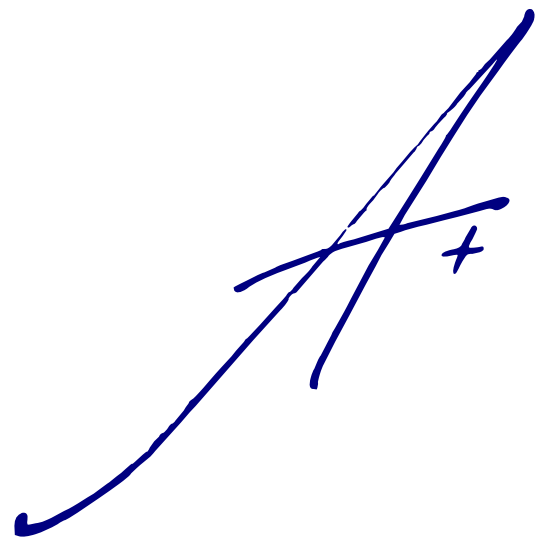


Go around your team and discuss
with each person:

What's one unspoken rule or
expectation in this team that stresses
you out, and why do we all just pretend
it doesn't exist?

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

Laughter Yoga Clubs - triggers endorphines, removes stress and creates instant social connection



Immersive role playing therapy - step into character, a narrative and explore self limiting beliefs



Floataction Tank Therapy - no sound, no light, no gravity - lower stress hormones, ease anxiety and give your brain a reset!



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



FORTNIGHTLY FOCUS:



Talk: "The voices in my head" by Eleanor Longden



Book of the week: "The Science of Weird Shit" by Chris French



Podcast: "Altered States Unplugged"



Talking Point: If we stripped away all noise—physical, mental, digital—what would our brains tell us we really need?



Team Activity: Float Therapy Session



Resources: NIH Emotional Wellness Toolkit



New Research: Personal Mental Health Navigator (MHN) – helps you navigate your mental health continuously.



App: Remente