

It's okay not to be okay!

Your daily mental health journey

Introduction

Our country is in the midst of a health crisis. Individuals, families, communities, business are left on their own to cope. The Government is not listening. Every health unit related to mental health is stretched beyond breaking point, and it is only getting worse.

But we have to believe we can change trend and make a difference.

I am not a health professional, I am not an expert. But I am a business leader who has chosen to try and make a difference.

My Story and Why

- 17 December 2000, 12.43pm
- 19.5 years of grief
- 3 May 2020
- Something needs to change

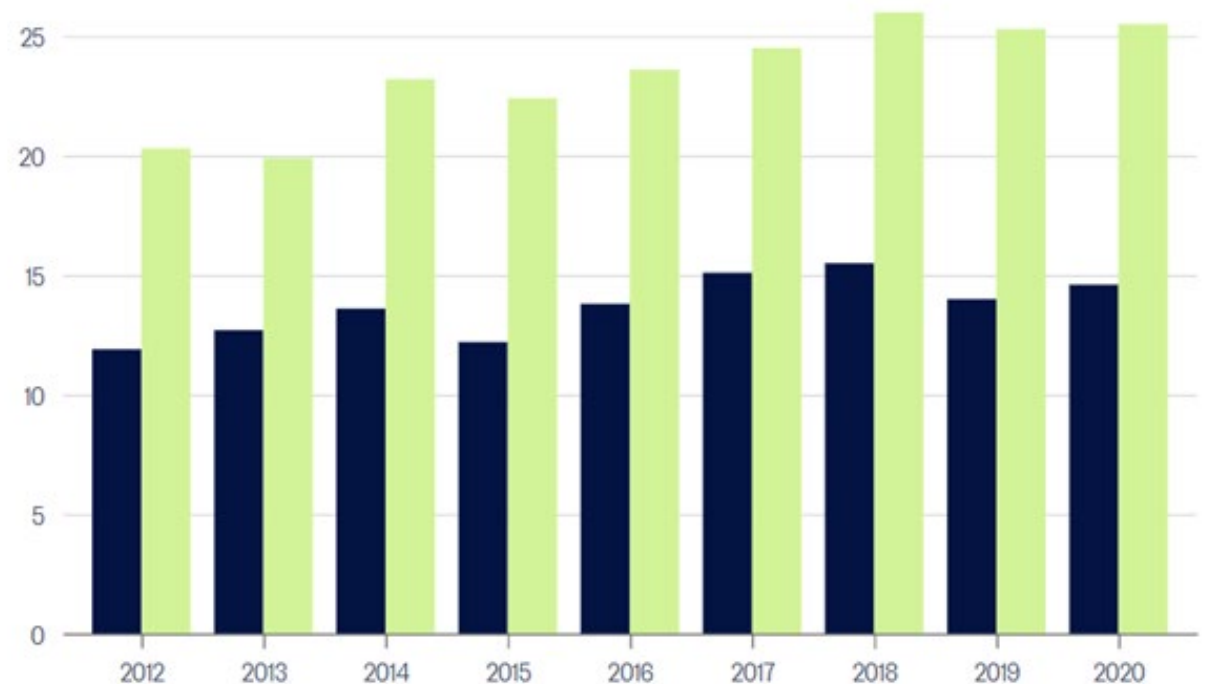
The Stats

- 54 Covid related deaths in NZ as at 1 Feb 2022
WHO
- 319 road deaths in 2021 Ministry of Transport
- 1 in 5 will experience mental illness in their lifetime Ministry of Health
- Over half before the age of 25 years of age

New Zealand adults diagnosed with mood or anxiety disorders

By gender, year ended June 2012–2020, % of adults

Provider: Ministry of Health



Our Domestic Pandemic

- Suicide
- NZ has the highest rate of youth suicide in the OECD.

• 607

- In the next 48 hours

• 2

• 1

Why

- Life is different
- Society is different
- Little or no downtime
- Increased pressure
- Reduced life balance
- Technology



shutterstock.com · 718823977

What to do

How

1. Unplug b
 2. Wait at le
 3. Plug the
 4. Wait at le
 5. Plug the
 6. Wait at le
 7. Test to se
- went awa

Lifewire

a



A few tips

- Reset and recharge
- Discover enjoyment again
 - Breathe
 - D.O.T

• Do One Thing

• D.O.T.A.T

• Do One Thing Another Time

- Talk
- Check In

• Source: Groov co-founder Sir John Kirwan

- C.A.R.E

Check In

Actively listen

Reassure

Encourage

Summary

- We need to change
- Be vulnerable
- Talk openly and honestly
- Ask for Help
- Check In

Daily habits that will change your life

- One hour of exercise
 - Two litres of water
 - Three cups of tea
- Four colours on the plate
- Five minutes of meditation
- Six songs that motivate you
- Seven minutes of laughter
 - Eight hours of sleep
 - Nine pages of a book
- Ten reasons to be thankful

It's important to be your authentic self and it is Okay not to be Okay!