

Mental Wellbeing

Understanding how the stories we tell ourselves impact our lives.

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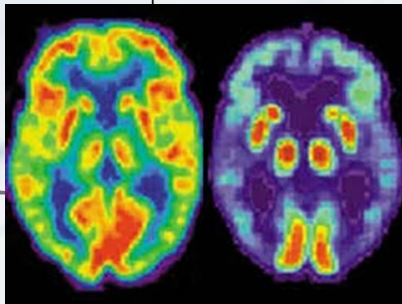
Lorraine Jones

Children and Families Worker for the York Circuit

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The importance of stories



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Ice breaker:

What story had the most impact on you as a child and why?

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Part 1:

What stories do we tell ourselves about ourselves?

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Stories we tell about ourselves:

What are the effects and potential impact on our lives?

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When I have
low self esteem
other people
treat me:

When I have
low self
esteem I feel:

The Cycle of Self Esteem

When I have
low self
esteem I
behave:

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Challenging Unhelpful Thoughts and breaking the cycle:

Shoot the parrot

Truth or a story?

Be an encourager

Be your own best friend

Reminder Notes

Encouraging a positive attitude - practising gratitude

Tell a new story

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Activity:

Practising gratitude. How many things are you grateful
for today. Think big or small.

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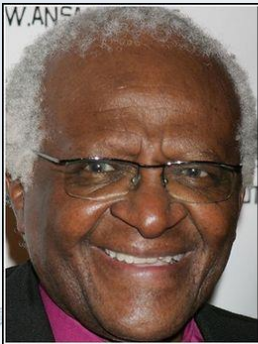
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Part 2:

What stories do we tell ourselves as a society?

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There comes a point where we need
to stop just pulling people out of
the river. We need to go upstream
and find out why they're falling in.

— Desmond Tutu —

AZ QUOTES

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A story of how our Economy works

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Some examples of the stories we tell ourselves

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Challenging Unhelpful Stories:

- Let people tell their story
 - Challenge prevailing narratives
 - Tell a new story - being part of the solution
 - Amplify those who are telling a new story
 - Challenge the existing system in a way that makes sense to you
 - Help another person
 - Don't accept that change can't happen
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Lost Connections: Uncovering the real causes of
Depression and Anxiety
Johann Hari 2018

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Recommended reading/links:

- https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious
- https://www.ted.com/talks/sir_ken_robinson_bring_on_the_learning_revolution
- Utopia for Realists and how we get there Rutger Bremen
- Human Kind A hopeful history Rutger Bremen
- Lost Connections Why you're depressed and how to find hope Johann Hari (looking at the 9 reasons people might feel disconnected - covers both individual and systemic reasons)
- Stolen Focus, why you can't pay attention Johann Hari
- <https://www.youtube.com/watch?v=Zlw-wK03TSw>
- Kate Raworth Donut Economics - explaining the principles and looking at Amsterdam as the first city to try to implement. An encouraging way to look at systemic problems holistically and to see how we can make a difference.
- https://www.ted.com/talks/kate_raworth_a_healthy_economy_should_be_designed_to_thrive_not_grow
- Goes into the Economics more should you feel the urge!

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