



MENTAL HEALTH



PHYSICAL



MENTAL



EMOTIONAL



SOCIAL



HARMONY



courage

**Community Mental
Health & Harmony
Programme**

WHICH IMPACTS ON OUR



WELLBEING



LEARNING



WORK



HEALTH



EXERCISE



COMMUNITY

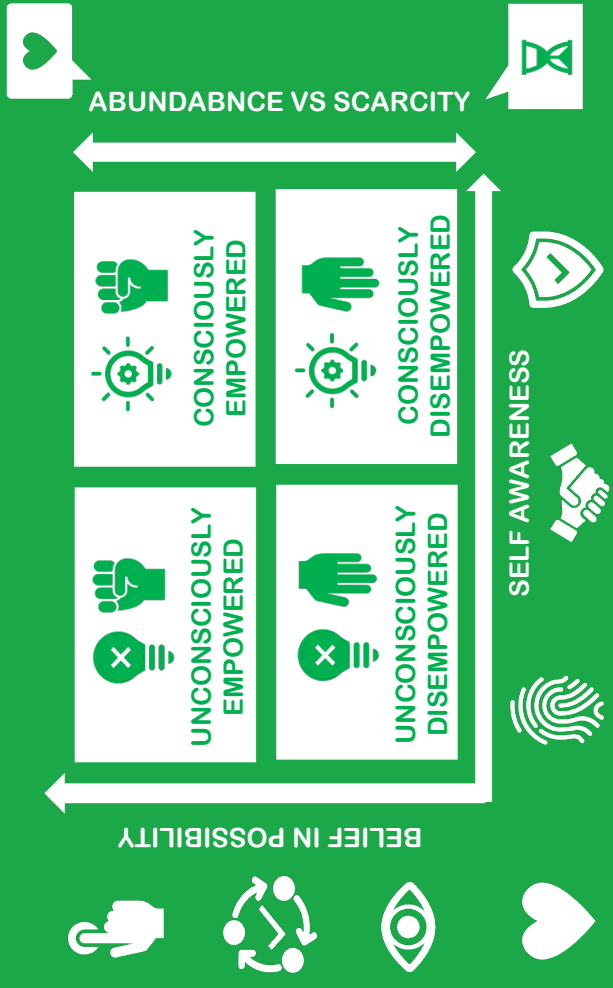


RELATIONSHIPS

SOMETIMES WE FEEL



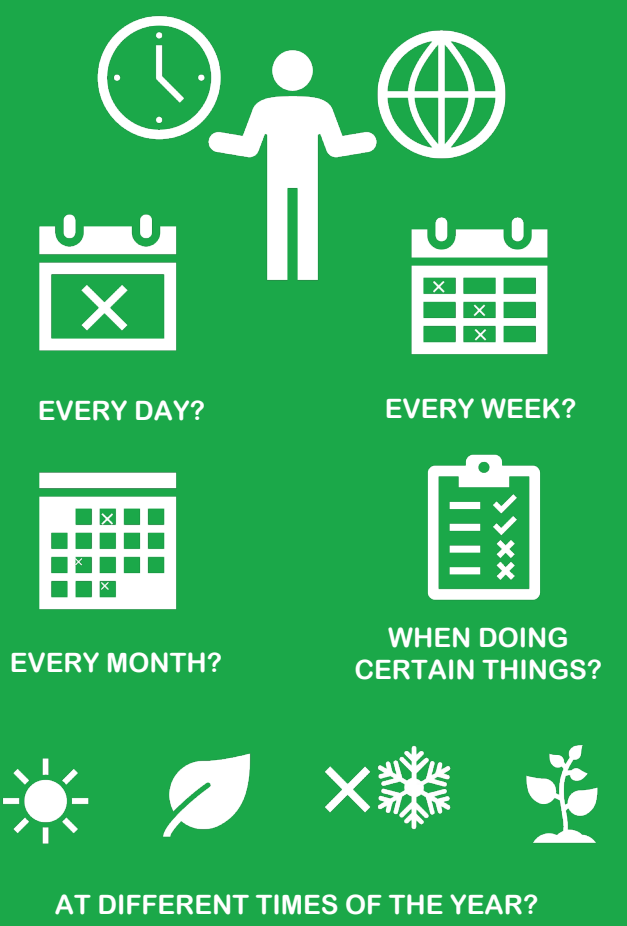
HOW TO BUILD PERSONAL & COMMUNITY EMPOWERMENT



DRIVERS OF PERSONAL & COMMUNITY EMPOWERMENT FOR MENTAL HEALTH



OVER TIME & IN DIFFERENT SPACES



SOMETIMES THINGS HAPPEN



**WE CAN FEEL & BE
DISABLED AND DIFFERENT**



**WHICH
IMPACTS**



**ACCESS DUE TO
BARRIERS**



**ABILITY TO
PARTICIPATE**



DISCRIMINATION



STIGMA



EXCLUSION



**FORCED
REMEDIAION**

**WE CAN FEEL & BE
DISTRESSED AND DISCONNECTED**



**WHICH
IMPACTS**



PERSONAL LIFE



FAMILY LIFE



SOCIAL LIFE



EDUCATIONAL LIFE



WORK LIFE



COMMUNITY LIFE

**WE CAN BECOME DISCONNECTED
& FEEL DISEMPOWERED**



**NO LOVE OR
CONNECTION**



**NO AUTHENTIC
IDENTITY**



**NO VISION OR
PURPOSE**



NO PARTNERSHIP



NO LEARNING



NO VALUES



NO ACTION

**THINGS THAT HAPPEN TO US
CAN BE TRAUMATIC**



ACCUTE TRAUMA



CHRONIC TRAUMA



COMPLEX TRAUMA

**WHICH CAN DISCONNECT US FROM OUR
DRIVERS OF EMPOWERMENT**



EXPLORING ACCUTE TRAUMA



CRIME



ACCIDENT



TERRORISM



RAPE



ASSAULT



NATURAL DISASTER



ACUTE TRAUMA



EXPLORING CHRONIC TRAUMA



DOMESTIC VIOLECE & ABUSE



CHRONIC MEDICAL ILLNESS OR SURGERY



DISABILITY & MENTAL HEALTH



BULLYING



ONGOING WAR & CONFLICT



DEPRAVATION



CHRONIC TRAUMA



EXPLORING COMPLEX TRAUMA



CHILDHOOD ABUSE



NEGLECT & ABANDONMENT



GROOMING & EXPLOITATION



HARMFUL CULTURAL PRACTICES



GENERATIONAL TRAUMA



RELENTLESS REMEDIATION



COMPLEX TRAUMA

COURAGE INDIVIDUAL EXERCISE



CREATE A TIMELINE OF YOUR LIFE



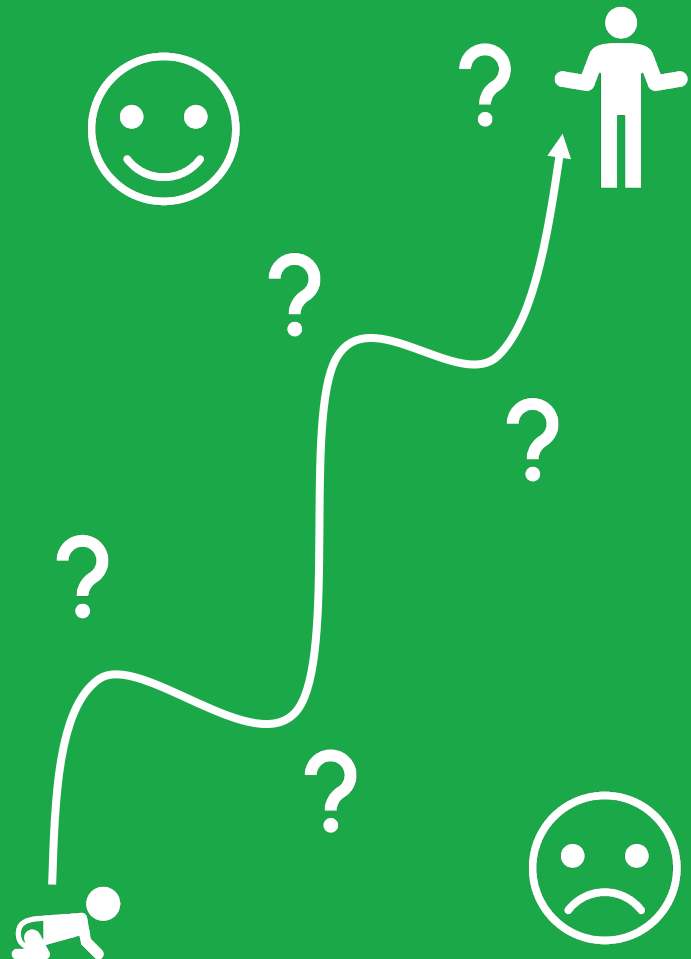
IDENTIFY THE LOW POINTS



IDENTIFY THE HIGH POINTS



SPEND SOME TIME REFLECTING ON THIS TIMELINE & SHARE IT IF YOU CAN



COURAGE INDIVIDUAL EXERCISE



IMAGINE YOUR LIFE AS MANY RINGS ON A TREE -
WRITE WORDS OR DRAW IMAGES AROUND EACH
RING TO REPRESENT EACH YEAR OF YOUR LIFE

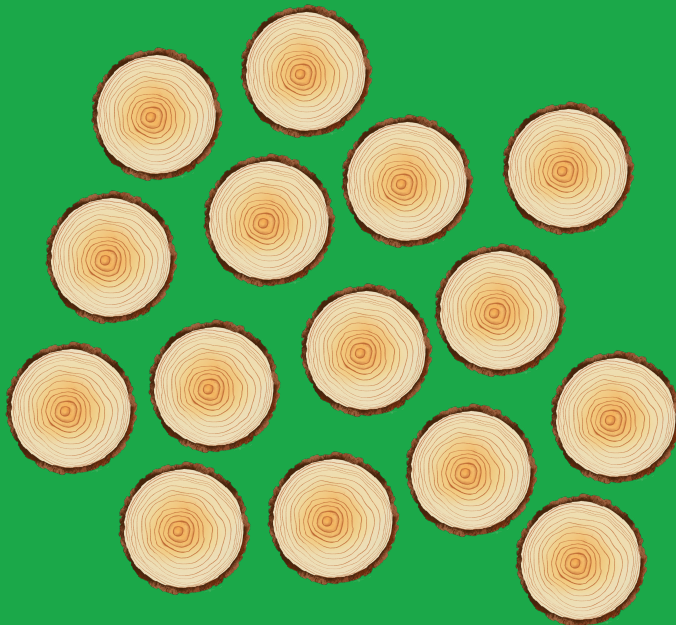


GOOD OR BAD, EACH RING HAS HELPED YOU TO
BECOME THE TREE YOU ARE TODAY

COURAGE COMMUNITY EXERCISE

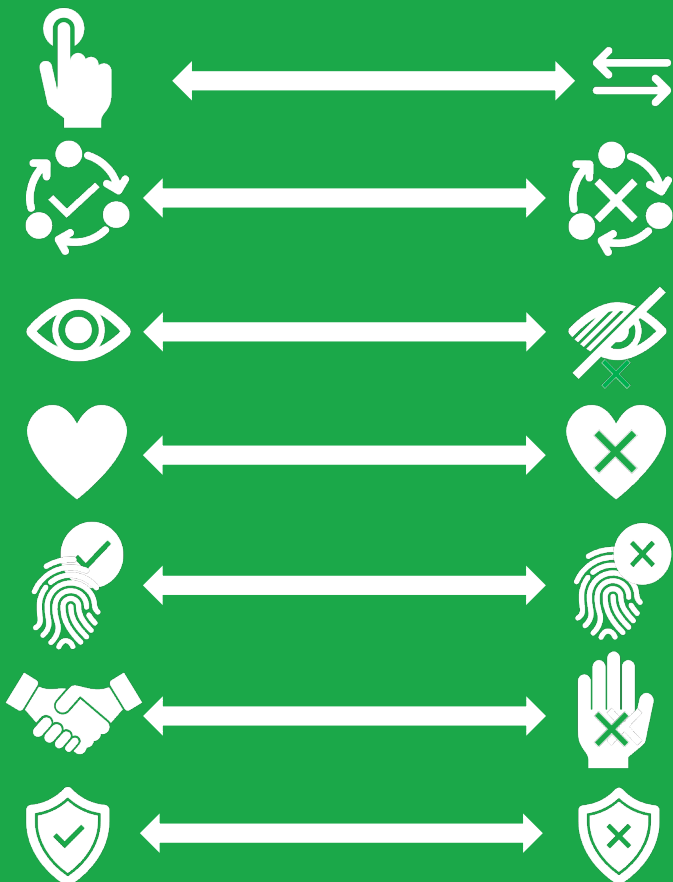


SHARE YOUR TREE WITH YOUR COMMUNITY

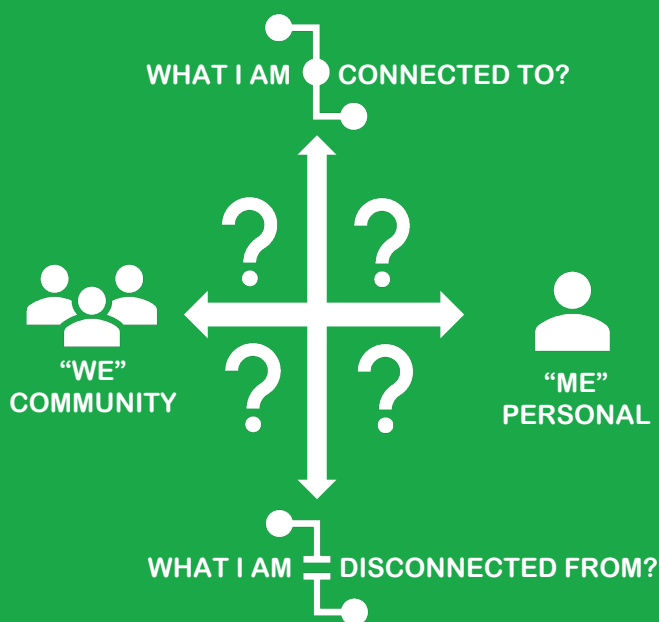


CREATE A FORREST OF TREES ALL CONNECTED
& SUPPORTING EACH OTHER

CREATING A SPECTRUM FROM CONNECTION TO DISCONNECTION



WHEN WE CONNECT OR DISCONNECT IT CAN IMPACT ON HOW WE FEEL ABOUT OURSELVES



IT CAN ALSO IMPACT ON HOW WE
BEHAVE IN OUR COMMUNITY



SELF CENTRED



EMOTIONALLY EXPLOSIVE



BETTER THAN OTHERS



NO REMORSE INDIFFERENCE



VINDICTIVE & SPITEFUL



NO PERSONAL RESPONSIBILITY



PARANOID & DELUSIONAL



IMPULSIVE & UNSTABLE

DISCONNECTED FROM THE VALUES OF OUR COMMUNITY & SOCIETY



PERSONAL PERSPECTIVE



VIOLATE RIGHTS OF OTHERS



ANTI-SOCIAL BULLY/FIGHT/ABUSE



NO EMPATHY HOLDS GRUDGES



OPPOSITIONAL & DEFIANT



BREAKS RULES



BURNS, BREAKS, STEALS, DESTROYS



MANIPULATIVE DECEITFUL/LIES



GRANDIOSE HISTRIONIC

DISCONNECTED FROM THE VALUES OF OUR COMMUNITY & SOCIETY



COMMUNITY PERSPECTIVE



ALTRUISTIC & SELFLESS



HAPPY & BALANCED



FORGIVENESS



SELF REFLECTION & CARE



EQUALITY



PERSONAL RESPONSIBILITY



PERSONAL VALUES & BELIEFS



SELF CONTROL

CONNECTED TO THE VALUES OF OUR COMMUNITY & SOCIETY



PERSONAL PERSPECTIVE



RESPECT RIGHTS OF OTHERS



CARE & SUPPORT



LOVE & EMPATHY



ACCEPTANCE & COMPLIANCE



SUPPORT FOR COMMUNITY



FOLLOWS THE RULES



GOOD CITIZENSHIP



APPRECIATES DIVERSITY

CONNECTED TO THE VALUES OF OUR COMMUNITY & SOCIETY



COMMUNITY PERSPECTIVE



WHAT WE BELIEVE IN



WHAT WE CARE ABOUT MOST



GUIDES OUR DAILY BEHAVIOUR



GUIDES OUR DECISIONS



DEFINES RIGHT FROM WRONG



ENSURES EQUALITY & EQUITY



FAMILIES & COMMUNITY BELONGING



WHAT WE STAND UP FOR

EXPLORING VALUES



COURAGE INDIVIDUAL EXERCISE



WHAT ARE YOUR PERSONAL VALUES THAT GUIDE YOUR DAY-TO-DAY BEHAVIOUR?



TRY TO LIMIT THIS TO 4 OR 5 IMPORTANT VALUES, ASK YOURSELF, WHAT DO I BELIEVE IN AND CARE ABOUT MOST?

COURAGE COMMUNITY EXERCISE



SHARE YOUR VALUES WITH YOUR COMMUNITY AND SEE IF YOU CAN GROUP THEM INTO SIMILAR THEMES



COMMUNITIES OFTEN SHARE VALUES WHICH IS WHAT BRINGS THEM TOGETHER AND KEEPS THEM TOGETHER



PHYSICAL SELF
DYSREGULATION



EMOTIONAL SELF
DYSREGULATION



OBSESSIONS
& COMPULSIONS



UNFORCUSED
& INATTENTION



ENERGY
DYSREGULATION



HYPERACTIVITY
& IMPULSIVITY



SEXUAL
DYSFUNCTION



NO SELF
RELIANCE

DISCONNECTED FROM SELF &
PARTNERING WITH OTHERS



PERSONAL PERSPECTIVE



TICKS, ECHOS
& DYSPRAXIA



RULES, RITUALS
& HOARDING



DIS/INHIBITED
SOCIALLY



IMPULSIVE &
DISRUPTIVE



SOCIALLY
UNWARE



DREAMY &
DISENGAGED



PROBLEM SEXUAL
RELATIONSHIPS



OVER
DEPENDENT

DISCONNECTED FROM SELF &
PARTNERING FROM OTHERS



COMMUNITY PERSPECTIVE



**BODY
SELF CONTROL**



**EMOTIONAL SELF
REGULATION**



**EXERCISE FREE
WILL & CHOICE**



**FOCUSSED
ATTENTION**



**ENERGY
REGULATION**



**CALM &
THOUGHTFUL**



**SEXUAL
FUNCTION**



**SELF
RELIANCE**

**CONNECTED TO SELF &
PARTNERING WITH OTHERS**



PERSONAL PERSPECTIVE



**SELF & SOCIAL
CONTROL**



**SOCIAL FLOW &
ADAPTABILITY**



**HEALTHY SOCIAL
ENGAGEMENT**



**COREGULATION
SOC. RESIPROSITY**



**POSTIVE
ENGAGEMENT**



**SOCIALLY
AWARE**



**HEALTHY SEXUAL
RELATIONSHIPS**



**SOCIALLY
INTERDEPENDENT**

**CONNECTED TO SELF &
PARTNERING WITH OTHERS**



COMMUNITY PERSPECTIVE



SHARED VISION & GOALS



SHARED VALUES & BELIEFS



MUTUAL TRUST



MUTUAL RESPECT



GOOD COMMUNICATION



HONESTY & INTEGRITY



COLLABORATION WORK TOGETHER



RECIPROCITY WIN/WIN

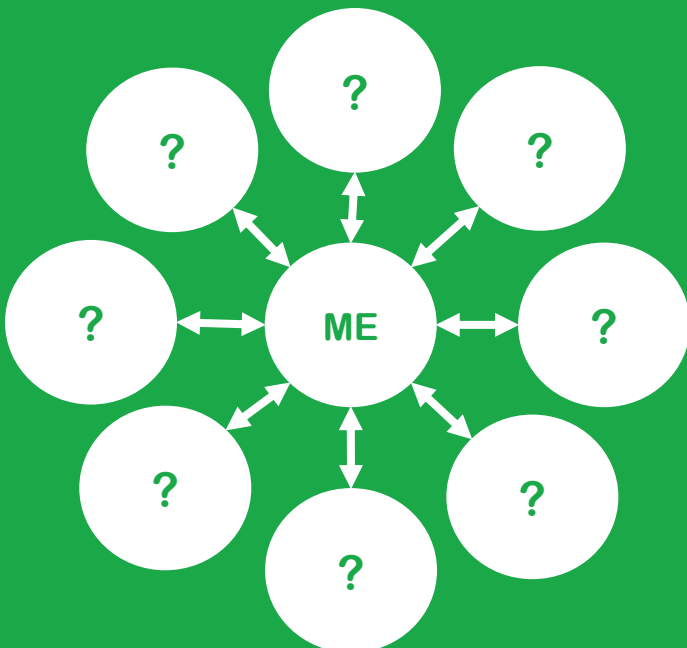
EXPLORING PARTNERSHIP



COURAGE INDIVIDUAL EXERCISE



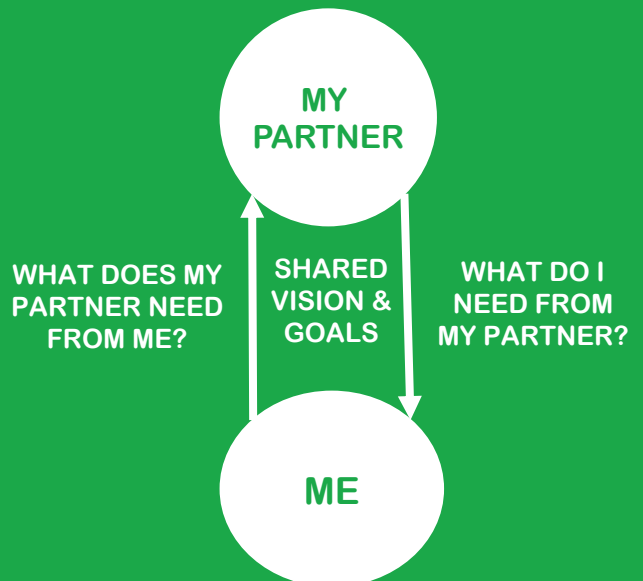
IDENTIFY ALL THE PEOPLE THAT YOU THINK YOU SHOULD BE PARTNERING WITH IN YOUR COMMUNITY?



COURAGE COMMUNITY EXERCISE



FOR EACH PARTNER YOU IDENTIFY, CREATE A WIN/WIN PARTNERSHIP PLAN



REMEMBER PARTNERSHIPS DO NOT WORK WITHOUT HONESTY & INTEGRITY



NEGATIVE BODY IMAGE



NEGATIVE SELF IMAGE



HYPER-SENSITIVE & INADEQUATE



INCONGRUENT GENDER ID



EATING DISORDERS



LOW SELF ESTEEM /WORTH



NO PERSONAL RISK TAKING



SELF HARM & SUICIDE

DISCONNECTED FROM MY AUTHENTIC SELF IDENTITY



PERSONAL PERSPECTIVE



NEGATIVE SOCIAL PRESSURE



SOCIAL INHIBITION



CONFORMITY & COMPLIANCE



GENDER ID INTOLLERANCE



UNHEALTHY FOOD RELATIONSHIPS



ISOLATED & EXPLOITED



UNINSPIRED & FEARFUL



DISCONNECTION GUILT & SHAME

DISCONNECTED FROM MY AUTHENTIC SELF IDENTITY



COMMUNITY PERSPECTIVE



POSITIVE
BODY IMAGE



POSITIVE
SELF IMAGE



FEEL CONFIDENT
& ENOUGH



AUTHENTIC
GENDER ID



HEALTHY
DIET



HIGH
SELF ESTEEM



PERSONAL
RISK TAKING



SELF
LOVE

CONNECTED TO MY
AUTHENTIC SELF IDENTITY



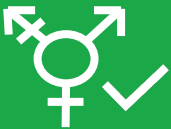
PERSONAL PERSPECTIVE



POSITIVE BODY
DIVERSITY



SELF-EXPRESSION
& CONFIDENCE



GENDER ID
TOLLERENCE



DIVERSITY &
TOLLERANCE



HEALTHY FOOD
RELATIONSHIPS



COMMUNITY
BELONGING



CREATIVITY &
EXPLORATION



COHESION &
EMPATHY

CONNECTED TO MY
AUTHENTIC SELF IDENTITY



COMMUNITY PERSPECTIVE



WHAT MAKES YOU UNIQUE



WHAT MAKES YOU SPECIAL



BUILDS YOUR SELF-ESTEEM



BUILDS YOUR SELF-WORTH



AUTHENTIC



SELF LOVE & CARE



PERSONAL ACHIEVEMENT



SELF EXPRESSION

EXPLORING IDENTITY



COURAGE INDIVIDUAL EXERCISE



WHAT DO YOU THINK MAKES YOU UNIQUE & SPECIAL? PLACE THESE ATTRIBUTES IN YOUR PERSONAL AUTHENTIC IDENTITY BOWL.

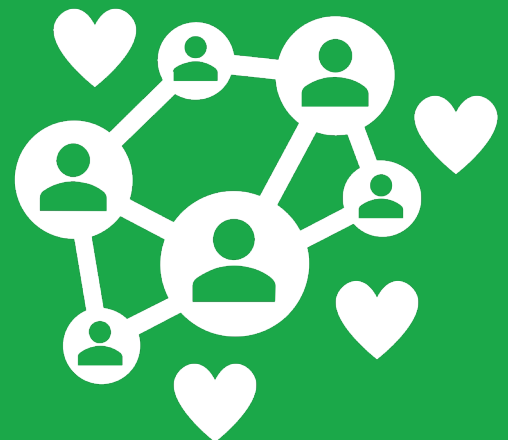


REMEMBER TO PLACE ONLY WHAT YOU KNOW TO BE AUTHENTICALLY TRUE ABOUT YOURSELF IN YOUR BOWL, NOT WHAT OTHER PEOPLE THINK OR SAY ABOUT YOU

COURAGE COMMUNITY EXERCISE



THINK ABOUT WHAT MAKES YOUR FAMILY & COMMUNITY UNIQUE AND SPECIAL?



DISCUSS WHAT YOU KNOW TO BE AUTHENTICALLY TRUE ABOUT YOUR FAMILY OR COMMUNITY



PHYSICAL
DISSOCIATION



ENVIRONMENTAL
DISSOCIATION



EMOTIONAL
DETACHMENT



EMOTIONAL
MELTDOWN



PARANOID &
DELUSIONAL



AGGITATED &
DISORGANISED



SOLITARY
& ALONE



SHUT DOWN
CATATONIC

DISCONNECTED FROM
HUMANITY & SOCIAL REALITY



PERSONAL PERSPECTIVE



NO CARE FOR
SELF OR OTHERS



UNAWARE OF
ENVIRONMENT



EMOTIONALLY
INACCESSIBLE



DEMAND
AVOIDANT



CONSPIRACIES
& PERSECUTION



EXCENTRIC
& STRANGE



SOCIALLY
DETACHED



DISCONNECTED
NON-RESPONSIVE

DISCONNECTED FROM
HUMANITY & SOCIAL REALITY



COMMUNITY PERSPECTIVE



GROUND
ED
IN
BODY



AWARE OF
ENVIRONMENT

CONNECTED TO
HUMANITY & SOCIAL REALITY



EMOTIONALLY
ENGAGED



EMOTIONAL
WELLBEING



SELF
AWARE



ORGANISED &
IN CONTROL



PERSONAL PERSPECTIVE



COMMUNITY
AWARE



PRESENT IN
TIME & SPACE



CARE FOR SELF
& OTHERS



ENGAGED IN
ENVIRONMENT

CONNECTED TO
HUMANITY & SOCIAL REALITY



LOVE &
EMPATHY



RESPONSIVE &
PROACTIVE



COMMUNITY
ENGAGEMENT



COMMUNITY
BELONGING



COMMUNITY PERSPECTIVE



SOCIALLY
CONNECTED



COMMUNITY/SOCIAL
PARTICIPATION



USE LOVE TO SOLVE CONFLICT



EMPATHY



FORGIVENESS



PEACE IN SELF, FAMILY & COMMUNITY



CONNECTION IN FAMILY & COMMUNITY



HARMONY & BALANCE



CARE & COMPASSION



GRATITUDE

EXPLORING LOVE



COURAGE INDIVIDUAL EXERCISE



CLOSE YOUR EYES AND IMAGINE THAT YOU ARE TAKING ALL THE LOVE IN THE UNIVERSE INTO YOUR BODY

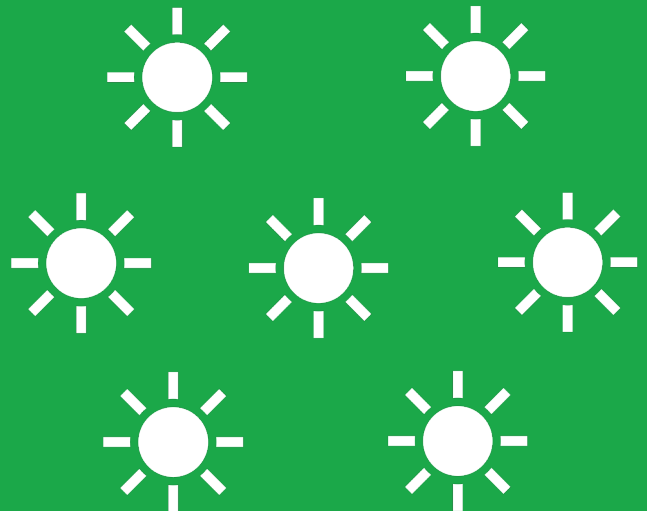


FEEL THE WARMTH REACH INTO EVERY PART OF YOU UNTIL YOU ARE FULL OF LOVE & LIGHT

COURAGE COMMUNITY EXERCISE



NOW IMAGINE THAT YOU ARE PUSHING THAT LOVE & LIGHT OUT INTO YOUR COMMUNITY



GIVE ALL YOUR ABUNDANT LOVE AWAY AND FEEL IT ENTERING THOSE YOU LOVE AND THOSE YOU DON'T LOVE EQUALLY - NOW YOU ARE ONE



NO FOCUS OR DIRECTION



NO MEANING & AIMLESS



NO PERSONAL CHOICE



NO PERSONAL RESPONSIBILITY



PHYSICAL ADDICTION



PSYCHOLOGICAL ADDICTION



BEHAVIOURAL ADDICTION



APATHY

DISCONNECTED FROM A FUTURE VISION OR PURPOSE



PERSONAL PERSPECTIVE



BROKEN FAMILIES & COMMUNITIES



CONFORMITY & CONTROL



NO CONTRIBUTION



NO SOCIAL RESPONSIBILITY



INTOXICATION & WITHDRAWEL



STIMULATION & HALLUCINATION



RISKY SOCIAL BEHAVIOUR



SOCIAL COLLAPSE

DISCONNECTED FROM A FUTURE VISION OR PURPOSE



COMMUNITY PERSPECTIVE



PERSONAL VISION



MEANING & PURPOSE



PERSONAL CHOICE



PERSONAL RESPONSIBILITY



HEALTHY BODY



HEALTHY MIND



HEALTHY BEHAVIOUR



CARE & CONCERN

CONNECTED TO A FUTURE VISION & PURPOSE



PERSONAL PERSPECTIVE



COMMUNITY VISION



COMMUNITY PURPOSE



SOCIAL CONTRIBUTION



SOCIETAL LEADERSHIP



COMMUNITY ENGAGEMENT



COMMUNITY INNOVATION



COMMUNITY HEALTH



COMMUNITY CARE & SUPPORT

CONNECTED TO A FUTURE VISION & PURPOSE



COMMUNITY PERSPECTIVE



FOCUS & DIRECTION



SELF EXPRESSION



FREEDOM



STABILITY



LEADERSHIP



INNOVATION & IDEAS



CREATIVITY



GROWTH & DEVELOPMENT

EXPLORING VISION



COURAGE INDIVIDUAL EXERCISE



IDENTIFY WHAT ROLE YOU WOULD LIKE TO PLAY IN MAKING THE WORLD A BETTER PLACE TO LIVE IN BASED ON YOUR UNQUE SKILLS AND TALENTS?



GIVE YOURSELF A MOTTO OR TAGLINE THAT SUMMARISES WHAT YOUR ROLE WILL BE

COURAGE COMMUNITY EXERCISE



WITH YOUR COMMUNITY DISCUSS WHAT YOU THNK WOULD MAKE THE WORLD A BETTER PLACE FOR ALL WHO INHABIT IT?



DISCUSS OR DRAW WHAT THIS WORLD WOULD LOOK & BE LIKE?



LEARNING CHALLENGES



INTELLECTUAL CHALLENGES



INATTENTION/
HYPERACTIVITY



MEMORY CHALLENGES



SELF MANAGEMENT CHALLENGES



COMMUNICATION CHALLENGES



SENSORY CHALLENGES

1010
1010

INFLEXIBILITY
RESTRICT/REPEAT

DISCONNECTED FROM
KNOWLEDGE & LEARNING SYSTEMS



PERSONAL PERSPECTIVE



LEARNING
DISENGAGEMENT



DREAMY OR
DISRUPTIVE



NO COGNITIVE
SOCIAL CONNECTION



DISTRACTED
& FORGETFUL



MENTAL
RIGIDITY



COMMUNICATION
INHIBITION



SENSORY
DYSREGULATION



REPETITIVE
BEHAVIOUR

DISCONNECTED FROM
KNOWLEDGE & LEARNING SYSTEMS



COMMUNITY PERSPECTIVE



LEARNING
ABILITY



INTELLECTUAL
ABILITY



FOCUSSED
ATTENTION



LEARNING
MEMORY



SELF
MANAGEMENT



COMMUNICATION
ABILITY



SENSORY
REGULATION



FLEXIBILITY &
ADAPTABILITY

CONNECTED TO
KNOWLEDGE & LEARNING SYSTEMS



PERSONAL PERSPECTIVE



LEARNING
ENGAGEMENT



FOCUSSED &
ATTENTIVE



COGNITIVE SOCIAL
CONNECTION



COLLECTIVE
MEMORY



MENTAL
FLEXIBILITY



COMMUNICATION
ENGAGEMENT



SENSORY
CO-REGULATION



SOCIALLY
ADAPTABLE

CONNECTED TO
KNOWLEDGE & LEARNING SYSTEMS



COMMUNITY PERSPECTIVE



GROWTH & DEVELOPMENT



OPEN TO NEW IDEAS



SUPPORT/APPRECIATE DIVERSITY



MONITORING & MEASUREMENT



TRUTH



TRANSPARENCY



KNOWLEDGE SHARING



INSIGHT

EXPLORING LEARNING



COURAGE INDIVIDUAL EXERCISE



EXPLORE THE TOOLS THAT HELP YOU LEARN & YOUR IDEAL LEARNING ENVIRONMENT



DESCRIBE OR DRAW YOUR IDEAL LEARNING TOOLKIT AND ENVIRONMENT

COURAGE COMMUNITY EXERCISE



AS A COMMUNITY DISCUSS YOUR DIFFERENT LEARNING TOOLS & APPROACHES



DESCRIBE OR DRAW YOUR IDEAL COMMUNITY LEARNING ENVIRONMENT



DEPRESSED & SAD (PAST)



ANXIOUS & STRESSED (FUTURE)



DISRUPTIVE MOODS



EXHAUSTED & OVERWHELMED



SLEEP/WAKE PROBLEMS



FEEL WORTHLESS & GUILTY

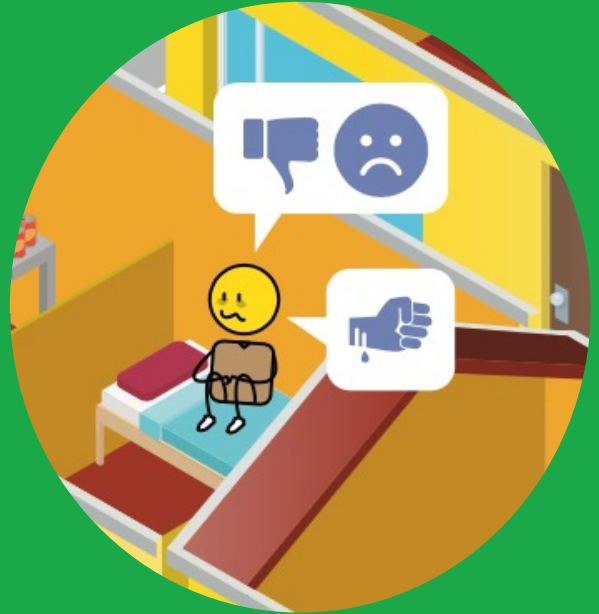


MANIC HYPERFOCUS



AVOIDANCE FEAR & PHOBIAS

DISCONNECTED FROM THE THE PRESENT & TAKING ACTION



PERSONAL PERSPECTIVE



SOCIALLY ISOLATED



SOCIAL ANXIETY



FRACTIOUS RELATIONSHIPS



TRAUMA



PROBLEM WITH BODY & SOCIAL BOUNDARIES



FEEL INFERIOUR & UNWORTHY

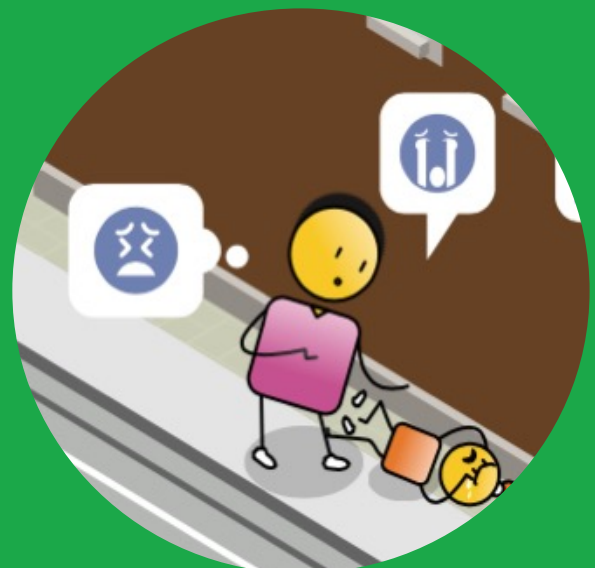


FRACTURED TEAMWORK



SOCIAL AVOIDANCE

DISCONNECTED FROM THE PRESENT & TAKING ACTION



COMMUNITY PERSPECTIVE



HAPPY & PRESENT



CALM & RELAXED



BALANCED MOODS



STRONG & CONFIDENT



GOOD RESTFUL SLEEP



WORTHY & SUPPORTED



PRODUCTIVE & EFFICIENT



ADDRESS FEARS & PHOBIAS

CONNECTED TO THE PRESENT & TAKING ACTION



PERSONAL PERSPECTIVE



SOCIAL ENGAGEMENT



SOCIAL CONFIDENCE



EMOTIONAL RECIPROCITY



HEALING



STRONG BODY & SOCIAL BOUNDARIES



EQUITY & BELONGING



GOOD TEAMWORK



SOCIAL CONNECTION

CONNECTED TO THE PRESENT & TAKING ACTION



COMMUNITY PERSPECTIVE



FUTURE FOCUS



POSSIBILITY



PLANNING



ACCESS



DELIVERY



PERSONAL RESPONSIBILITY



ACCOUNTABILITY



SUSTAINABILITY

EXPLORING ACTION



COURAGE INDIVIDUAL EXERCISE



IN SUPPORT OF YOUR PERSONAL MENTAL HEALTH & HARMONY



WHAT DO YOU NEED TO STOP DOING FROM TODAY?

WHAT DO YOU NEED TO START DOING FROM TODAY?



WHAT DO YOU NEED TO CONTINUE DOING FROM TODAY?

BE SURE TO SIGN, DATE AND SHARE YOUR ACTION PLAN WITH YOUR COMMUNITY

COURAGE COMMUNITY EXERCISE



IN SUPPORT OF YOUR COMMUNITY'S MENTAL HEALTH & HARMONY



WHAT DO YOU ALL NEED TO STOP DOING FROM TODAY?

WHAT DO YOU ALL NEED TO START DOING FROM TODAY?



WHAT DO YOU ALL NEED TO CONTINUE DOING FROM TODAY?

BE SURE TO SIGN, DATE AND SHARE YOUR ACTION PLAN AS A COMMUNITY