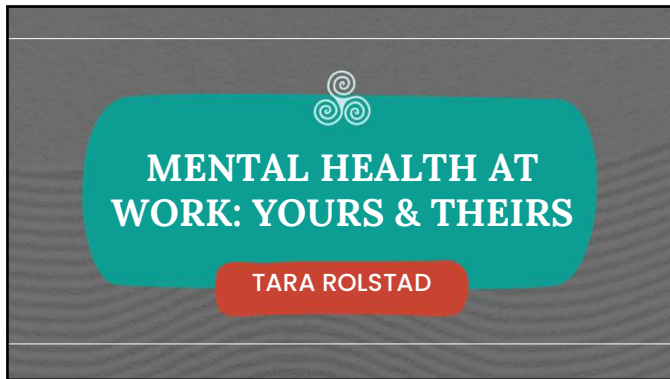
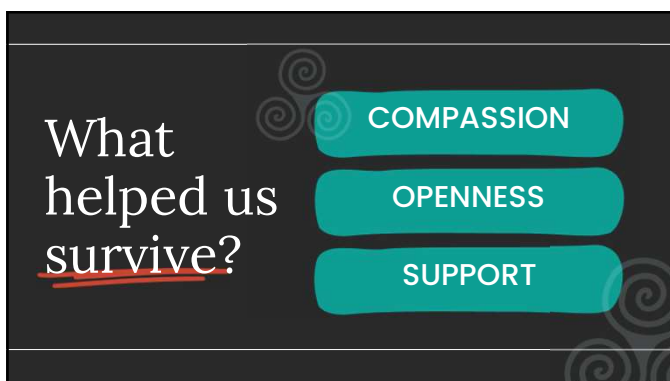




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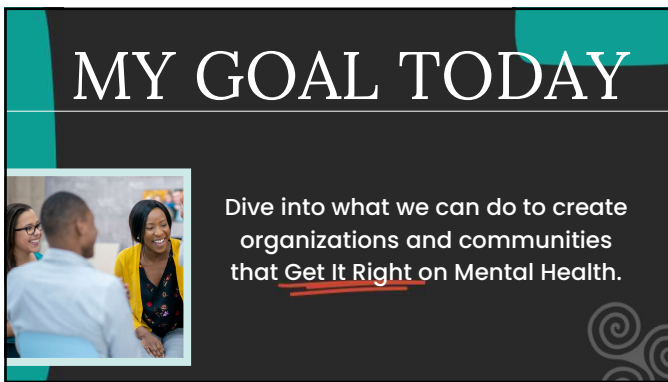
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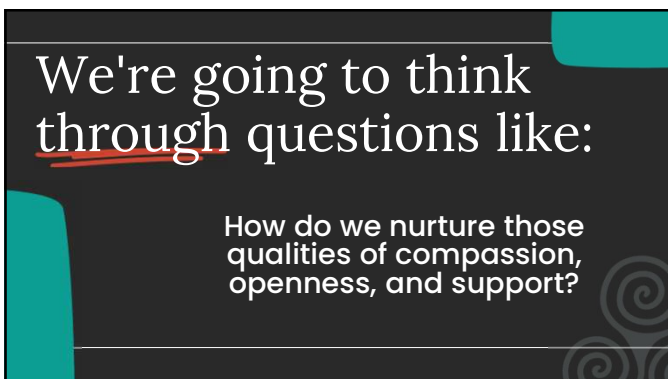
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4



5



6

We're going to think
through questions like:

How do we safeguard our
own mental health?

7



8



ABOUT ME

- Not a mental health provider or therapist
- MBA + Nonprofit background
- Primary guardian and mom
- Experience talking to hundreds of families about their mental health experiences

9

Why deal with this at work?

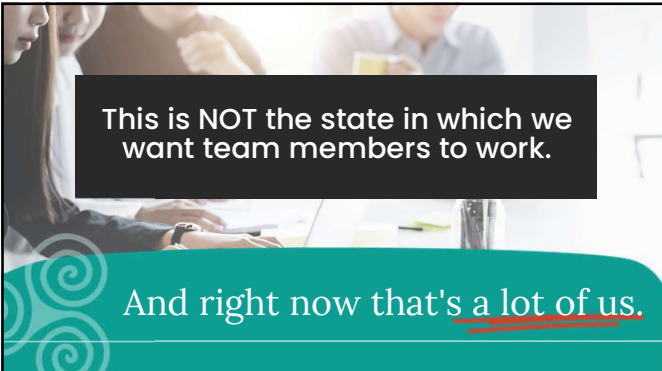
\$1 INVESTMENT → \$4 RETURN



10

This is NOT the state in which we want team members to work.

And right now that's a lot of us.



11

The last 3 years: Legit Traumatic Experience

12

The last 3 years: Legit Traumatic Experience

What factors make trauma worse?

- chronic in nature
- lack of control
- no clear end point

13

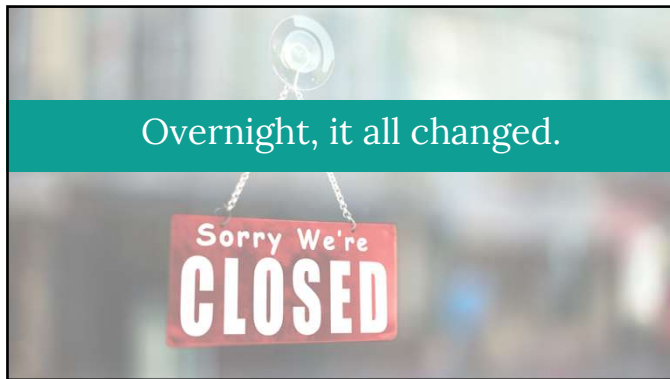
Collectively, we experienced grief, anxiety, depression, uncertainty and change like never before.

14

There was no pandemic handbook.

That didn't stop all of you from having to ACT like pandemic experts.

15



16



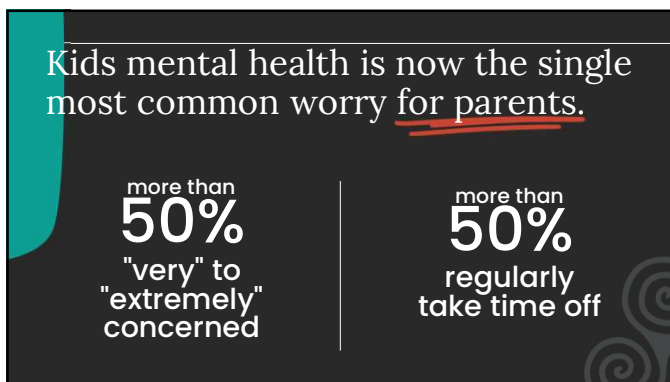
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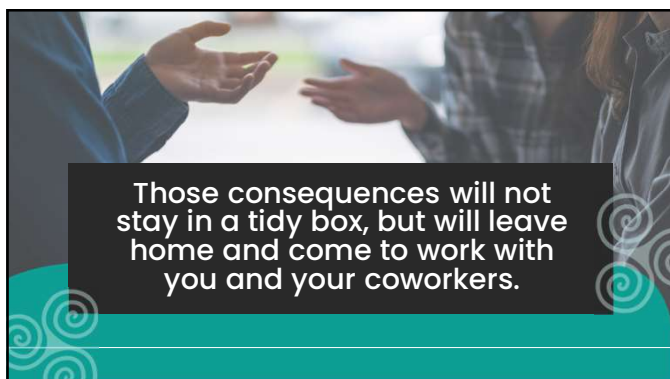
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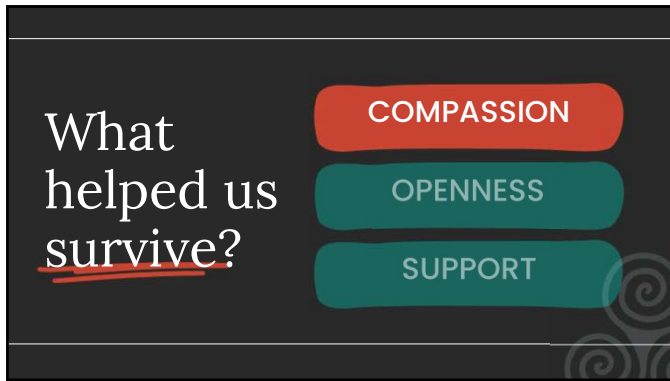
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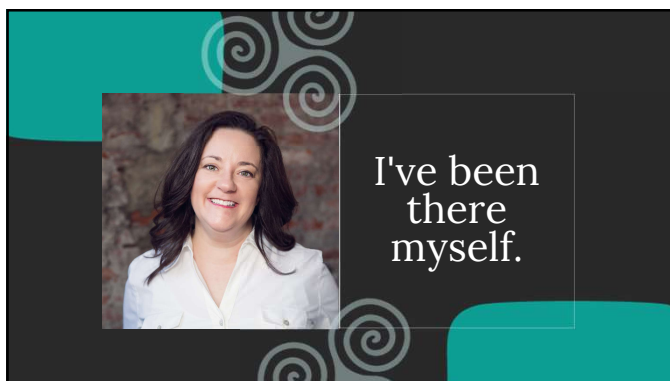
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22



23



24



We too often think of people with mental illness as "them," something that happens to other people.

25

What to do?????

**no personal details*

26

MENTAL HEALTH PRE-PANDEMIC

1 in 4 over a lifetime	1 in 5 every year	1 in 5 kids 13-18
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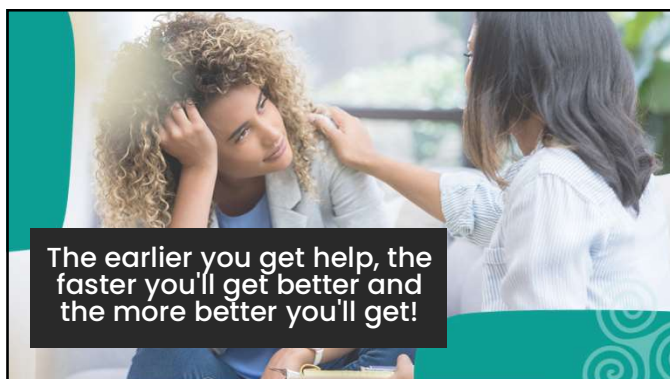
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29



30

If mental health struggles are so common,
and treating them so important...

Why don't people
get help earlier?

31

Mental
illness still
carries a
powerful,
ugly stigma
in society.

SHAME

ISOLATION

HOPELESSNESS

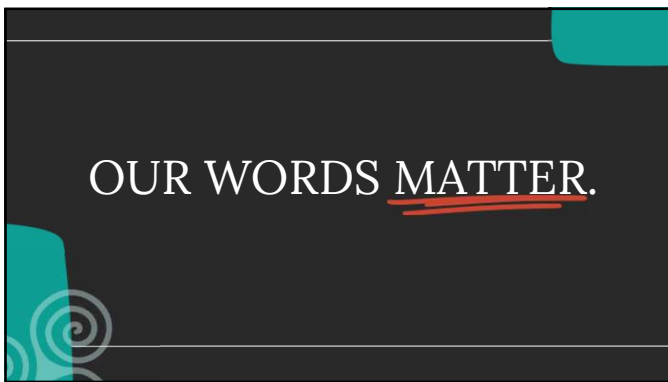
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Let's talk about some of the ways
you might encounter mental
health struggles at work.

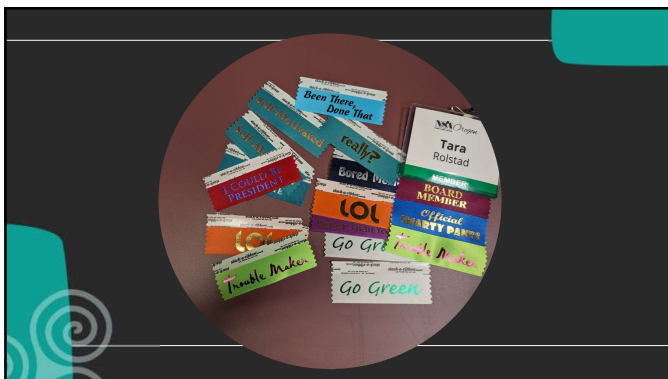
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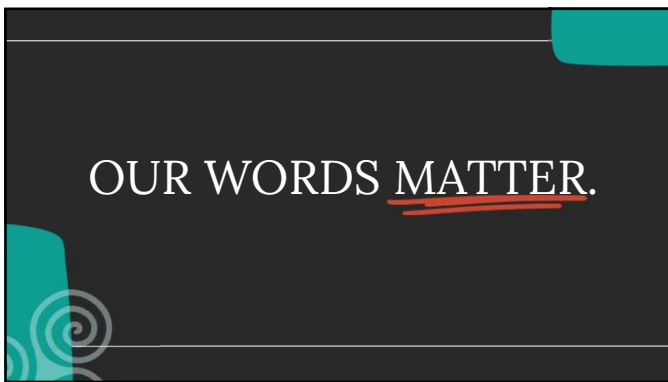
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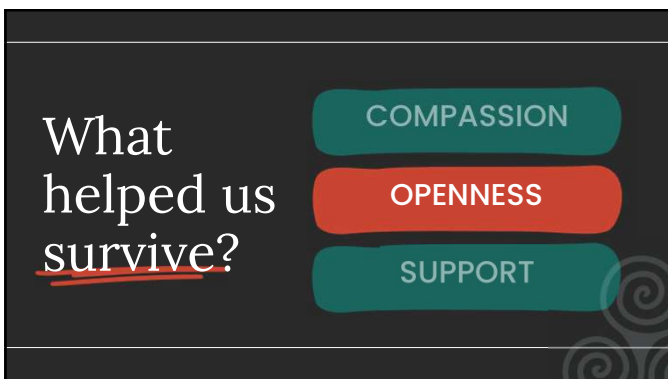
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37



38



39

The goal is a culture in which we talk about mental health issues the same way we talk about physical health issues.

40

The goal is a culture in which we talk about mental health issues the same way we talk about physical health issues.

CHOOSE VULNERABILITY:

COWORKERS

KIDS

ACQUAINTANCES

41

OPEN AND VULNERABLE LEADERS

Increase psychological safety for their teams



EMPLOYEES

speak up

create better solutions

work harder

42



43



44



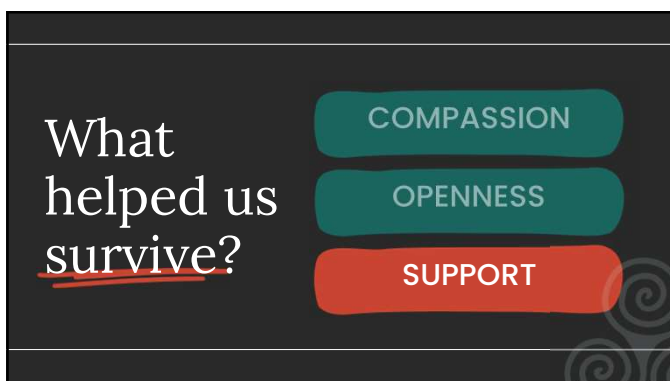
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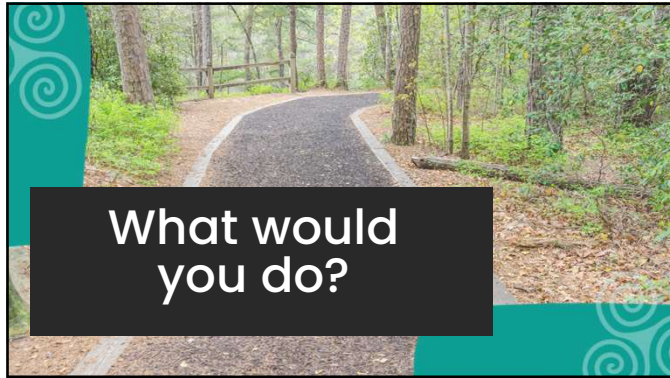
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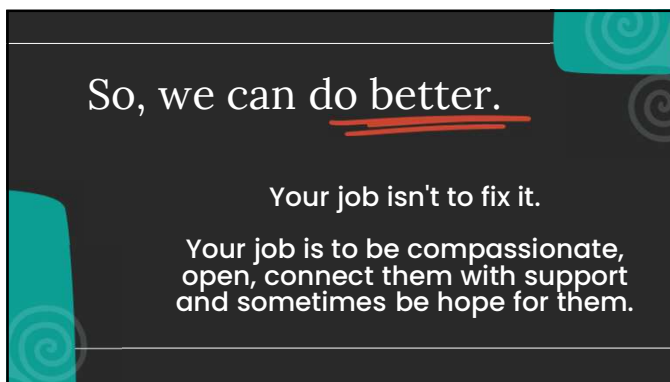
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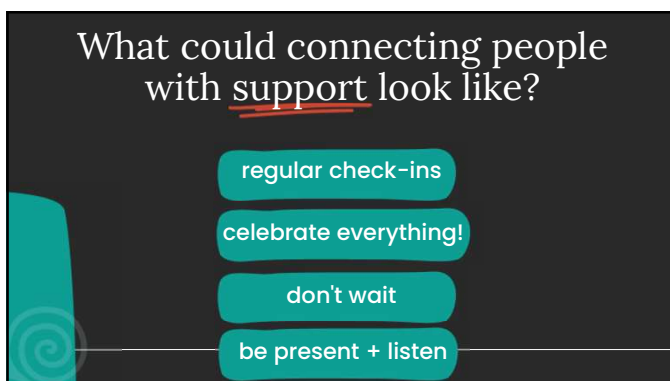
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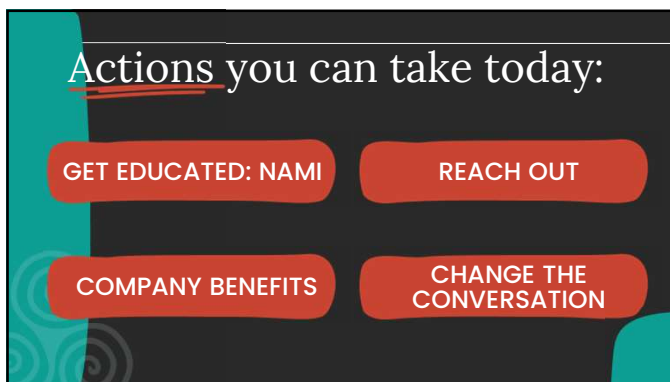
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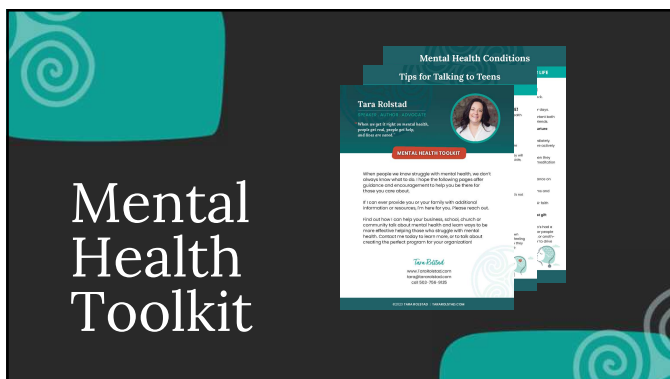
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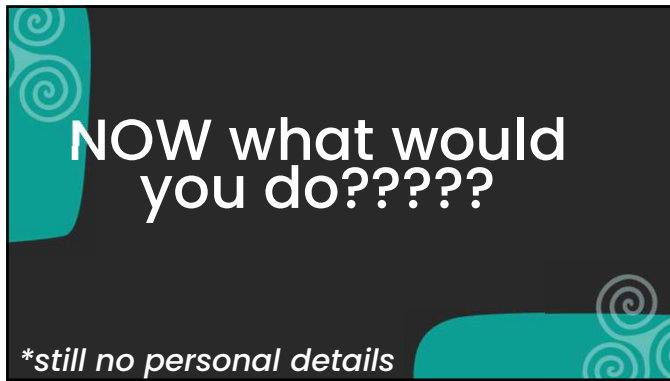
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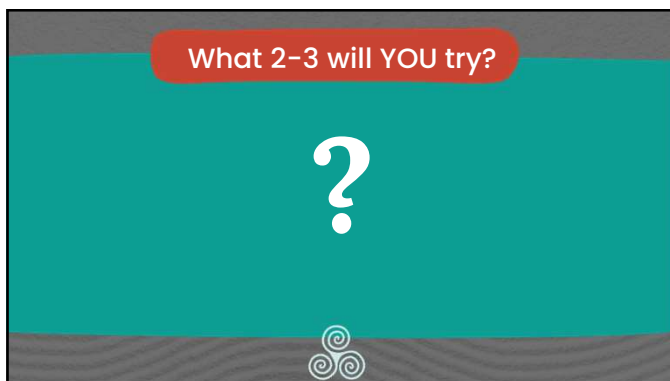
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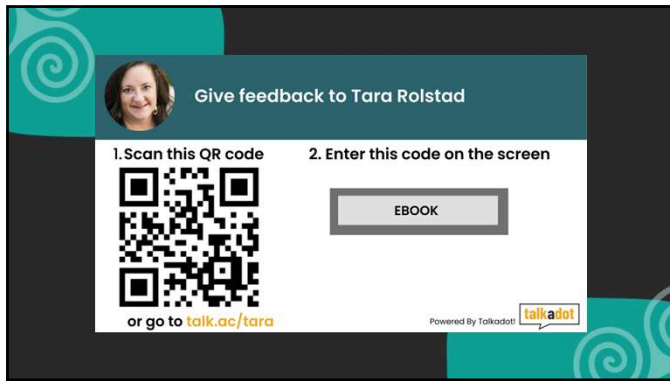
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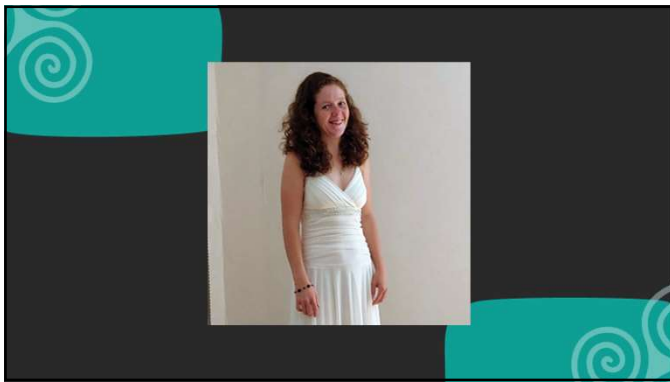
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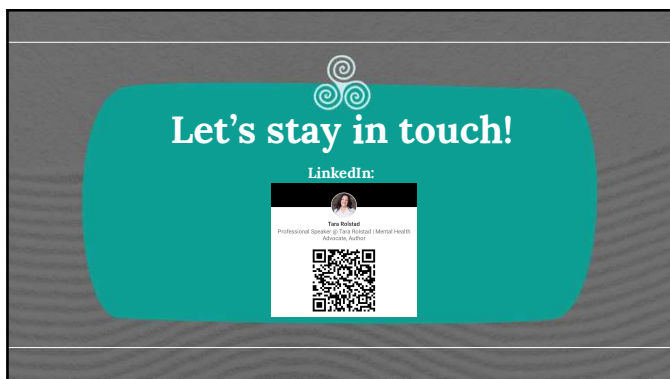
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