

# BREAKING THE SILENCE

The first step for normalizing conversations around mental health is breaking the silence. Sometimes that means sharing a small detail about your mental wellness with a friend. Sometimes that means being bold in public. Every move is meaningful.

**Directions:** You are invited to reflect on what you share on the outside now, what's happening inside of you, and what you want to share on the outside in the future. All you need is a writing utensil and a piece of paper, but you can use as many materials as you like.

Fold a piece of paper in half like a book lengthwise or widthwise.

## WHAT I SHOW NOW...

On the front cover, draw an image of how you represent your thoughts on mental health or your own mental health status to the world. Use colors, images, or words. This is your chance to express yourself in the way that feels best.

## WHO I AM INSIDE...

Then, open the paper. On the inside draw or write what you feel like is the true you on the inside. This doesn't have to be anything that you share. This is for you. Maybe it's really different from the outside. Maybe it's not. This is a space to explore your thoughts.

## WHAT I WANT TO SHOW...

After reflecting on how you show yourself on the outside now and how you feel on the inside, turn the paper to the back cover. Draw or express what you want to show on the outside in the future. Maybe it's one tiny change – you hitting “Like” on a social media post about mental health. Maybe it's something bigger. Maybe it's something you foresee in the future or maybe it's what you want to do tomorrow. This is your journey. Use your finished creation to begin conversations with the safe people in your life.

