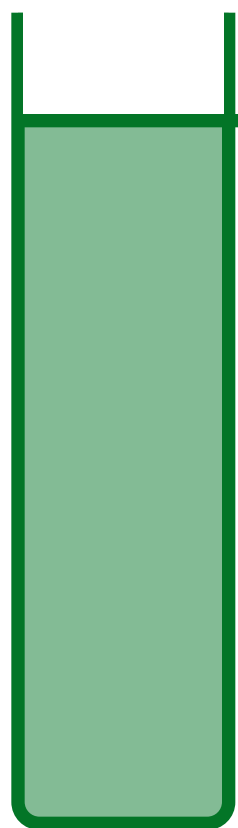


TOUGH TALK TOOLKIT

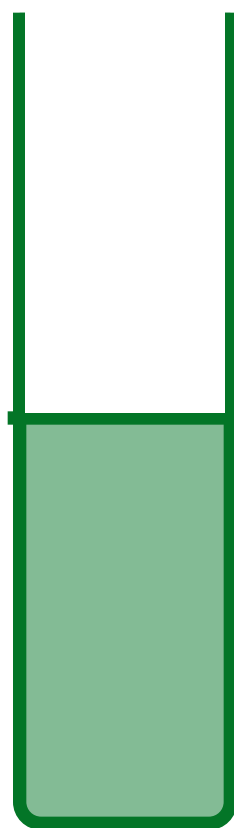


UNDERSTANDING WELLBEING

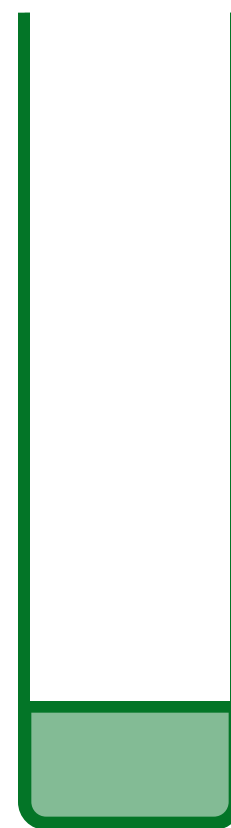
Wellbeing is a state of high mental health. Understanding wellbeing can help you identify ways to improve your mental health.



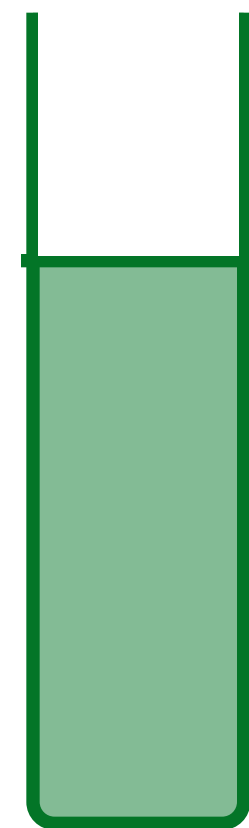
We are born with a high level of wellbeing, despite differences in social circumstances



Challenging life events and situations leading to stress, depression, etc can deplete out wellbeing



If challenges persist they can lead to burn out, toxic stress, and often symptoms of mental illness



Fortunately there are many skills and strategies we can use to increase our wellbeing

It's important to acknowledge that some people are born into situations that are more likely to lead to challenges than others. It's also important that in some situations we see stress, burn out, and symptoms of mental illness as signs that something in our lives or society may need to be changed, rather than working hard to maintain wellbeing in situations that are causing us harm.