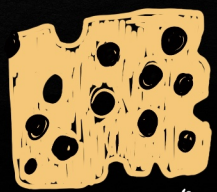


# TRUST

- ✓ AUTHENTICITY
- ✓ Believability
- ✓ A good balance of Humour
- ✓ Life Skills
- ✓ Lived experience



When was your last normal?

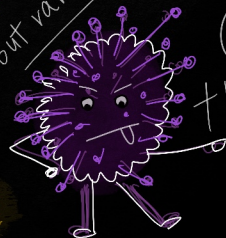
PRE-COVID chances are you had no time to notice!

WHAT DO YOU VALUE



But rarely practice it.

health & family



NOW... COVID has us thinking about those values more intimately

## PRIORITISE & PRACTICE YOUR VALUES

THE ONLY THING ON YOUR MIND TONIGHT SHOULD BE THE PERSON NEXT TO YOU



especially men

# What's COVID going to do for your life?

## Will you change it?

### HOW DO WE ENCOURAGE PEOPLE TO GET HELP & GET IN EARLY?

OPPORTUNITY TO REDISCOVER OURSELVES & RE-AUGN



LOOK FOR... example when you go home to the fam.



**H**OPELESSNESS - hover and dig a bit deeper (repeat)

**E**MOTIONAL - behavioural

**L**OSS - appetite, friends

**P**hysical - hair, clothes change

IT'S TIME TO HUMANISE OUR WORKPLACES & OUR HOMES.

YOUR well-being IS important



## Mental Health + CPR

With Paul Spinks

Paramedic & ID health

Don't be afraid to share your story

