

Break The Ice. Share Your Story

The Value of Sharing Your Story & How to do it



Welcome

The purpose of this guide is to help you understand what your story is, how you can begin to share it and the value of speaking up.

Most of us avoid talking about our mental health and don't understand how to improve it, or why we should.

Realising you don't feel as good as you want to is your body's way of telling you; "I deserve better than this", "It's time to find some help and learn how to overcome this struggle".

Asking for help can be challenging. But it is the start of overcoming your biggest fears and progressing toward your potential.

Words of Encouragement

Everyone has their own mental challenges they face every day, and we all experience these unique challenges in our own way.

It's easy to get caught up in our own problems and isolate ourselves when we feel down.

It is important to remember, you are never alone.

Although you are unique, someone else has gone through or is going through what you are experiencing.

Show your true courage by first seeing and understanding what your story is.

Traumatic events from the past, a breakup of a relationship, overthinking, anxiety, depression etc. These are stories we all share and need to socialise our unique perspectives to grow through and overcome whatever we're challenged with.

You are not your story.

This information is not a direct substitute for mental health therapy. We strive to help improve the health and well-being of our readers and will always recommend seeking professional help first if you have challenges that are too difficult to manage on your own.

Seeking further help is not weak, it is a display of strength and respect for yourself for wanting to improve.

Contact ladsarmy.co.nz to find a professional therapist, coach or mentor who is right for you.

Let's Be Straight Up

Speaking up about your own mental health and learning how to talk about these struggles can seem like the scariest thing in the world.

Just like learning how to ride a bike; with a little bit of effort and some help, you'll be free to cruise around anywhere with confidence and help others do the same.

The strongest are the ones who can face their fear of speaking up about their own battles, and help others to do the same.

You might not be able to tell your whole story yet, that's okay. Start with something small. Whatever you are dealing with, first of all remember, you are not alone.

How To Win (every time).



Your stories are the challenges and struggles you experience, how you interpret them and how they affect you today.

By sharing your story you shift from **Victim to Victory**.

Victim

- Closed Off
- Unable to Feel Happy
- No Progress
- Trapped in The Story

Victory

- Open to New Possibilities
- Feeling Happy Consistently
- Always Learning & Overcoming
- Creating a New, Better Story

Sharing your stories with friends or family is an empowering experience. You soon realise that these stories of past negative events, depression or anxiety are common and shouldn't be held back out of fear or embarrassment.

Where To Start

A great place to start is to **be honest with yourself** about your own challenges and how you feel. This may be difficult at first but can be the turning point toward overcoming and improving yourself. Set some time aside to just be with yourself away from distractions and ask yourself; *"How have I been lately?"*.

Write it down. Being honest with yourself and writing down what's going on in your own world is a powerful habit. It doesn't matter how big or small the issue is, you will feel better once you write it down and reflect on it.

Let's talk. Having a supportive group of people around you to open up to regularly will allow you to be more confident in yourself and help overcome struggles.

Overcome & Conquer

Getting comfortable with being honest and open with yourself and then sharing with others is one of the best ways to build strength, courage, confidence and all that good stuff.

Don't be discouraged if others don't support you. Always hold your head up high for trying to connect deeper with others. Be responsible for yourself and your own journey to overcoming the challenges of everyday life.

Overcoming the fear of sharing our story is one of the best feelings in the world. Being honest with ourselves and sharing our personal challenges for the first time can be hard. But it quickly turned into one of the most rewarding experiences of our lives and has given us the passion and motivation to help others and to start sharing your story.

- Lads Army