

Break The Ice. Share Your Story

Find Strength & Courage

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 mental health and don't understand how to improve it, or why we should. Mental health care gets left at the bottom of our priorities.

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 in this way is always a big challenge for us, but could be the start of overcoming your biggest fears and progressing toward your potential.

Professional help has allowed some of our members to overcome difficulties, and get back on track with living better lives.



Words of Encouragement

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

We often 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 sharing your story and allowing the conversations to open up and progress from there.



This information is not a direct substitute for mental health therapy. We strive to help improve the health and well-being of others but cannot claim this information to be a direct fix to any health issues.

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

Contact us to hear about our experiences with mental health therapy, and tips for how to ask for help.



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.

But just like learning how to drive a car; with a little bit of effort and know-how you'll be free to cruise around anywhere with confidence, and help your mates 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.

We see other people living 'perfect lives' on social media and cause ourselves so much pain by automatically comparing to them. This influence further pushes us away from talking about our problems.

Social media isn't real-life.

What we see is rarely the truth, and the truth is; everyone struggles with a whole lot of stuff beyond what most can understand.



How To Win (every time).



Your stories are the challenges and struggles you experience, how you interpret them and how it effects you today. By telling your story you release it, and feel free as you deserve to be.

Sharing your stories with supportive mates or family is a beautiful experience. You learn together that these stories of past negative events, depression or anxiety are very common and shouldn't be held back anymore out of fear or embarrassment.

You should be proud to share your story as it makes you feel better and encourages others to do the same.

As problem solvers, we like to fix things, and that's what some people will help you with after you open up. They might have ideas to help you through your struggles. It's up to you to decide if their ideas are right for you.



Where To Start

A great place to start is to **be honest with yourself** about your own battles and how you feel. This may be difficult at first but can be the turning point toward overcoming and improve 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 struggle.



Overcome & Conquer

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

Take your time, and don't expect too much from other people. Be responsible for yourself and your own journey to overcoming

For us, overcoming fear is one of the best feelings in the world. Being honest with ourselves and sharing our personal stories for the first time was 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, like yourself, to start sharing your story.

- Lads Army

