

# Connect

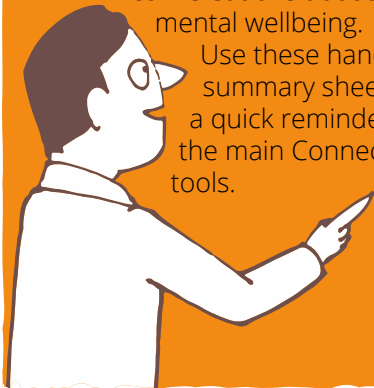
CHANGING THE CONVERSATION ON MENTAL WELLBEING



**T**hank you for completing the Connect 5 programme.

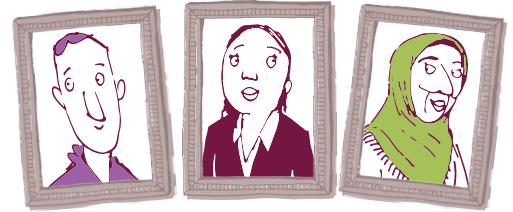
**Connect 5** aims to improve population mental wellbeing by changing the way we have conversations about mental wellbeing.

Use these handy summary sheets as a quick reminder of the main Connect 5 tools.



## LOOKING AT THE WHOLE PERSON

When listening to another person's life experiences, there's so much we can learn by paying attention to the whole person...



Things you can observe:

- Poor sleep
- Problem eating
- Irritability
- Lack of energy
- Lack of pleasure

Things around him/her:

- Past experiences (e.g. abuse, ACEs)
- Triggers (loss of relationship, trauma)
- Sustaining factors (debt, violence)

Ways they shape their experiences:

- Thoughts/beliefs about self, world, future, etc.
- Coping styles / problem solving skills