

# IT'S OKAY TO NOT BE OKAY

**Debunk the Myths, Learn The Tools, and Feel  
Empowered to Change the Conversation Around  
Mental Health**

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**CENTRAL OREGON SHRM**

*with Carol Schulte*







“

“Go ahead, arrest me...!”

1 IN 5

*People in the US live with a mental illness.*

1  
MILLION

*People in the US stay home every day due to their mental health.*



# 1 TRILLION

*Cost to the global economy in lost productivity annually.*





MYTH





ФАСТ



MYTH



The background of the image shows a library with rows of bookshelves. The shelves are filled with books, and the spines of several books are visible, featuring the name 'Ф. М. ДОСТОЕВСКИЙ' (F. M. Dostoevsky) in Cyrillic. The entire image is overlaid with a semi-transparent teal color. In the center-left, the word 'FAST' is written in a large, bold, dark brown serif font, enclosed within a thin, dark brown rectangular border.

FAST

MYTH







ФАСТ



**ANXIETY**

**DEPRESSION**

**SUBSTANCE USE DISORDERS**

**BIPOLAR DISORDER**

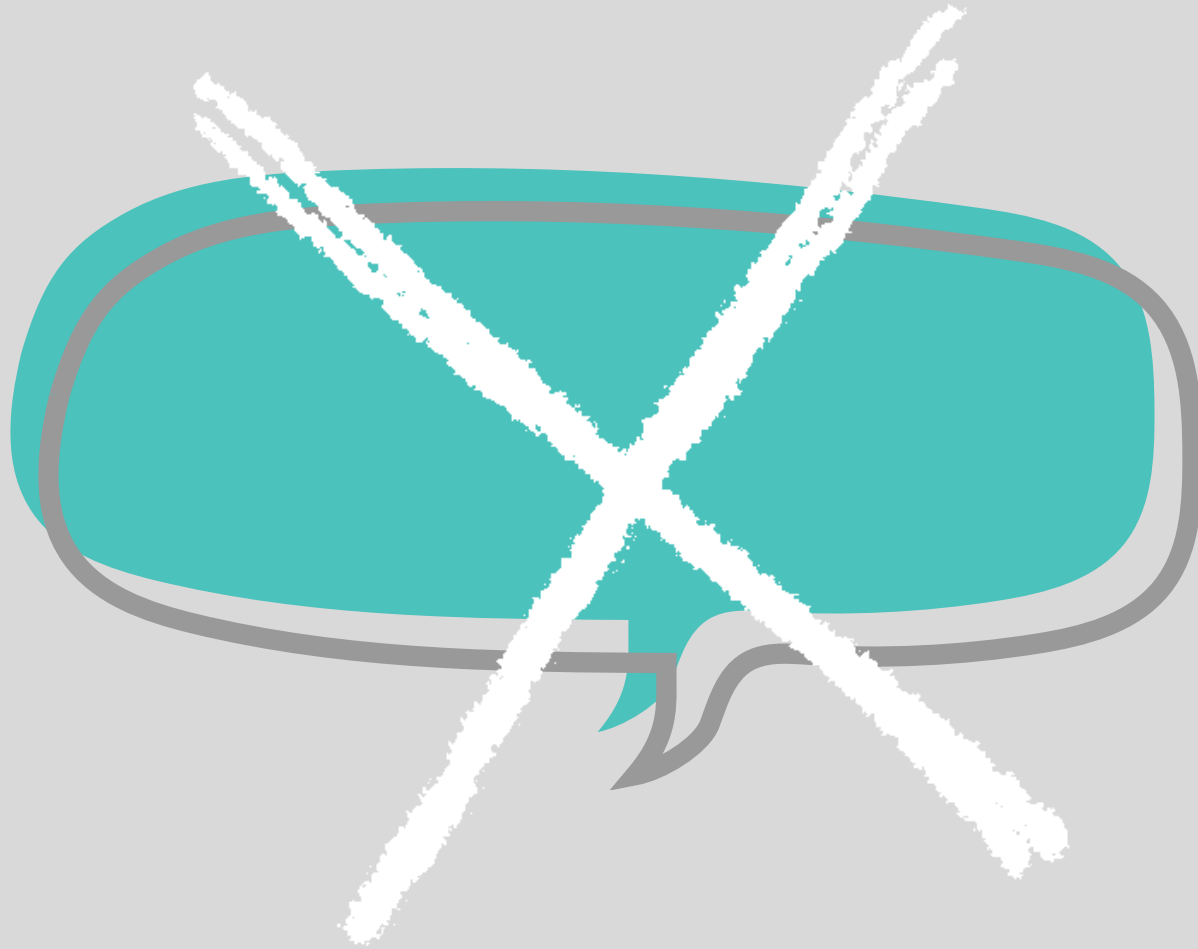
**SCHIZOPHRENIA**

**EATING DISORDERS**

**OBSESSIVE-COMPULSIVE DISORDER (OCD)**

**POST-TRAUMATIC STRESS DISORDER (PTSD)**

# WHAT NOT TO SAY:





# WHAT TO SAY:



# AWARENESS











# Big Impacts on our Mental Health

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# Perfectionism





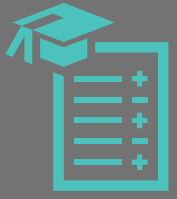
# Perfectionism



# People-Pleasing







Perfectionism



People-Pleasing



**Paralleling (comparison)**





Perfectionism



People-Pleasing



Paralleling



Proving





Perfectionism



People-Pleasing



Paralleling



Proving



Procrastinating

# ACCEPTANCE







**Pain + Acceptance  
= PAIN**

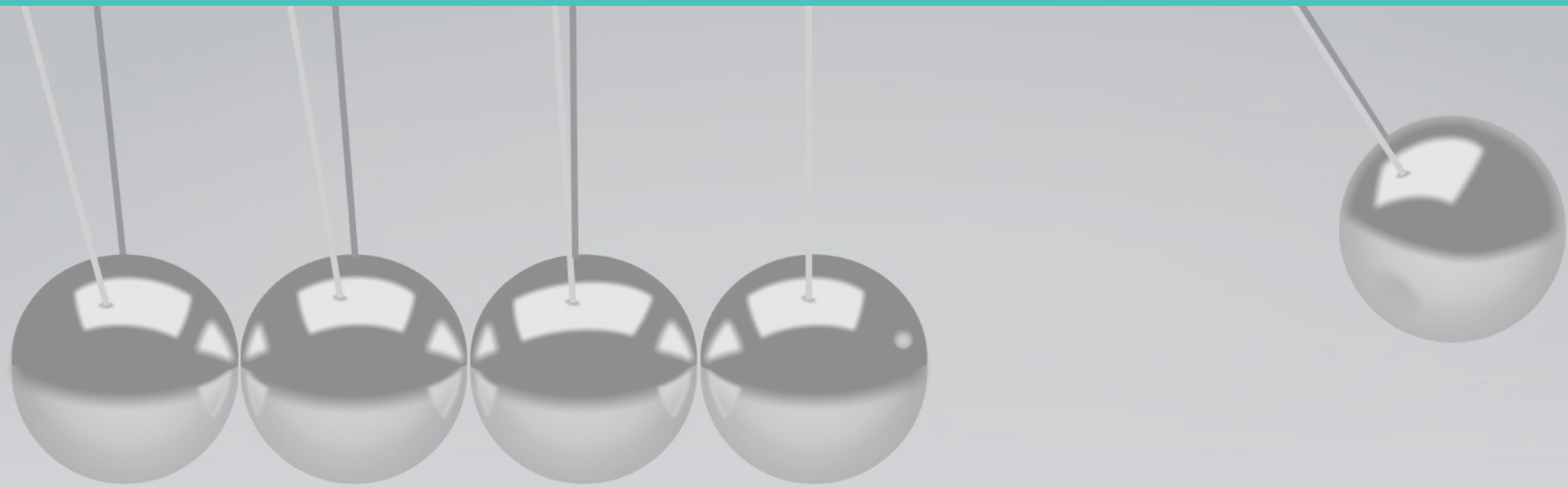




**Pain + Non-Acceptance  
= SUFFERING**



# ACTION





**EDUCATE**

**ENGAGE**

**EMPATHIZE**

**EMPOWER**





# BOUNDARIES

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# NON- NEGOTIABLES

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# Examples of Self-Care Activities



## 1 Minute

- ✓ Get a glass of water
- ✓ Say an affirmation
- ✓ Do some toe lifts / Calf Raises
- ✓ Take some deep breaths
- ✓ Try some shoulder rolls

## 5 Minute

- ✓ Take a dance break
- ✓ Meditation
- ✓ Eat some chocolate or treat of your choice
- ✓ Find something to laugh at
- ✓ Do some lunges around your desk

## 30 Minute

- ✓ Take a bubble bath
- ✓ Go for a walk
- ✓ Call a friend
- ✓ Engage in cooking, cleaning, gardening
- ✓ Read or colour

# The Brave Healing JOURNAL

A Guided Journey To  
Find Your Brave And Empower Your Life  
- One Day At A Time.

DATE: 

HOW AM I FEELING RIGHT NOW? (SCALE)

1 2 3 4 5 6 7 8 9 10

WHAT AM I FEELING RIGHT NOW?

WHAT IS ONE ACT OF KINDNESS I CAN DO FOR MYSELF TODAY?

*What would make today great?*

TODAY'S INTENTION OR AFFIRMATION IS:

TODAY, I WILL ENGAGE IN AT LEAST A MOMENT OF (OR SOME TYPE OF) CIRCLE ONE

 MINDFULNESS  CONNECTION  MOVEMENT

 *What made today great?* (CAN YOU NAME EVEN ONE SMALL THING?!!?)

WHAT AM I GRATEFUL FOR TODAY?

 *You are braver than you believe, stronger than you seem, and smarter than you think.*  
R. A. MILNE  
The Brave Healing Journal | 20



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not be okay.



# Carol Schulte

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Initiative

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*Let's Connect!*