

mindyourmind's TOP 10 TIPS FOR SHARING YOUR STORY!

#1

THINK ABOUT THE SUPPORTS YOU'LL NEED

Consider talking to someone that's been through it before.

#2

ACKNOWLEDGE YOUR EMOTIONAL STATE

Nervousness is normal! Try channelling the nervous feels into excitement!



ALL THE FEELS

#3

LONG & SHORT TERM EFFECTS

Remember that you can't control other's reactions, POSITIVE OR NEGATIVE.

Think, "How will this effect me?"



#4

YOU ARE NOT RESPONSIBLE FOR ALL THINGS MENTAL HEALTH RELATED

People might reach out to you (that's okay) (and great!), but know when to walk away from conversations.



#5

BE ASSERTIVE

Advocate for yourself! How can you support others? How can you be supported?



#6

YOU DESERVE COMPENSATION AND RESPECT!

Your expenses should be covered. You bring expertise and that should be acknowledged!

#7

YOU CAN CHANGE YOUR MIND!



You don't have to continue telling your story.

#8

YOU OWN YOUR STORY!!

How your story is shared is up to you, and it should NEVER be shared without your consent.



#9

WITH PUBLIC SPEAKING, COMES GREAT RESPONSIBILITY

Be responsive to AGE, ENVIRONMENT, POSSIBLE TRIGGERS & their EXPERIENCES. Some details might be upsetting to some.



#10

THIS IS YOUR JOURNEY

At the end of the day, it's your story. You have the power to decide what's right for you.

Trust your instincts!!