



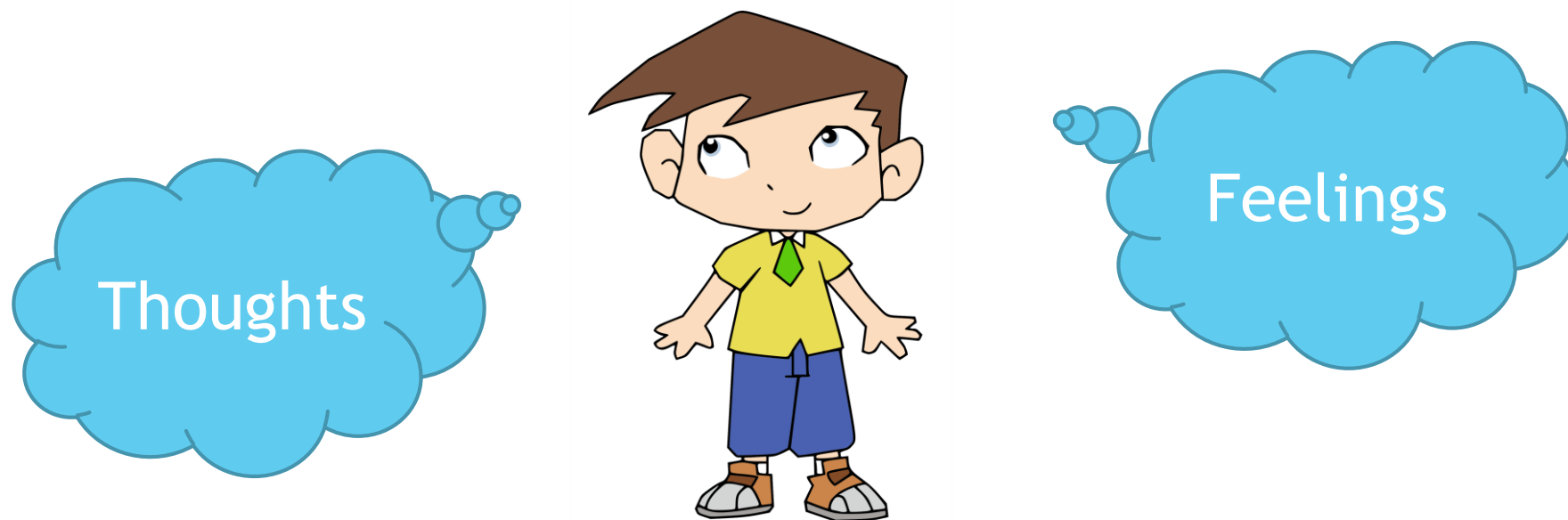
Dr Dan Petrie
GP, Founder and Trustee



What is Mental Health?

This is Teddy. What can we see?

What are the things that are hidden under the surface?



We call this our **mental health**
and we **all** have mental health

Are Teddy's thoughts and feelings always the same?

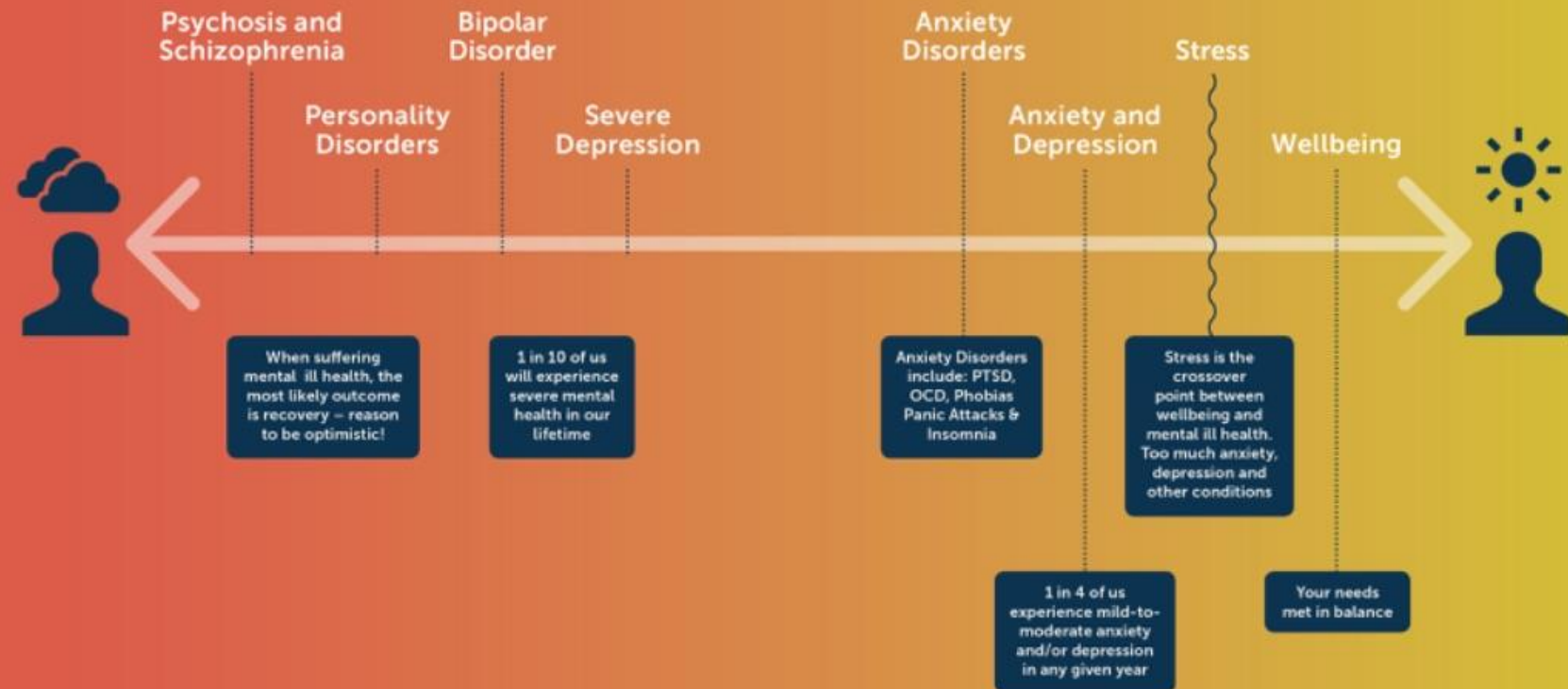
How do they change?



Our mental health is in a constant state of change
Sometimes we feel good and sometimes we feel low.
- this is **normal**.

Mental Health

The Mental Health Continuum



MindSpace

- Community group 2015
- Drop in, walks, forum, recovery college
- Charity Jan 2019
- Yoga, art therapy, listeners, circuits, garden
- Looking ahead...



Our Vision is.....

*“To make Stamford’s citizens
the most flourishing in the
U.K.”*



Our Mission is.....

*“Creating a mental health support
network for the community of
Stamford that will enable it to
flourish”*



The MindSpace Triple Effort

- Mental Health prevention.
- MindSpace events.
- Culture change.
- Strategic education group (Stamford Children and Young People's Partnership Group)

Cultural transformation

**Language and rhythms of
life create culture**

Cultural transformation

- 5 ways to wellbeing
- Explicit and overt language around MH (we all have it)
- Improved listening skills for the whole community.

Using the **5 Ways to Wellbeing** we can help look after our mental health

MOVE

CONNECT

GIVE

TAKE NOTICE/PAUSE

LEARN/GROW

MOVE



CONNECT

How do you connect to others?

Smile, talk, listen, play, share, help others



Why do we connect?

Happier, feels nice, nice thoughts, share thoughts both happy and sad

How can we connect better?

SMILE! - it says I like you 🖥️

Say something NICE about the other person

FIND OUT about the other person - interests, favourite food, animal.....

REALLY LISTEN

GIVE

How can you find ways to **GIVE** to others?

Give a Smile,

Give our things - SHARE

Give time - donations, help out at a charity event

Give our friendship: Listen & Talk - CONNECT

Give our Gratitude - say thank you to others

- say thank you for what you have in your life

How can we be **KIND** to others?

Make someone else SMILE

SAY something nice

HELP others

Be KIND to those who are not kind to us

Act of kindness - Be kind to yourself

Instead of saying.....

I'm no good at this
I cant do this
I cant do that

- Use **YET**, it builds confidence
- Gives a vision of the future where you **will** get it
- Helps you to make the right choices and learn

I'm no good at this YET
I cant do this YET
I cant do that YET

TAKE NOTICE/PAUSE

Be Mindful



Be Grateful

LEARN/GROW



Cultural transformation

**Language and rhythms of
life create culture**

MindSpace

Stamford Mental Health



Thank you

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