



CONNECTING  
TOGETHER TO  
CREATE HOPE  
ON WORLD  
BIPOLAR DAY



AUGUST 31, 2011







DEPRESSION





15





DAVID WOODS BARTLEY







# A CHANCE FOR BLISS



























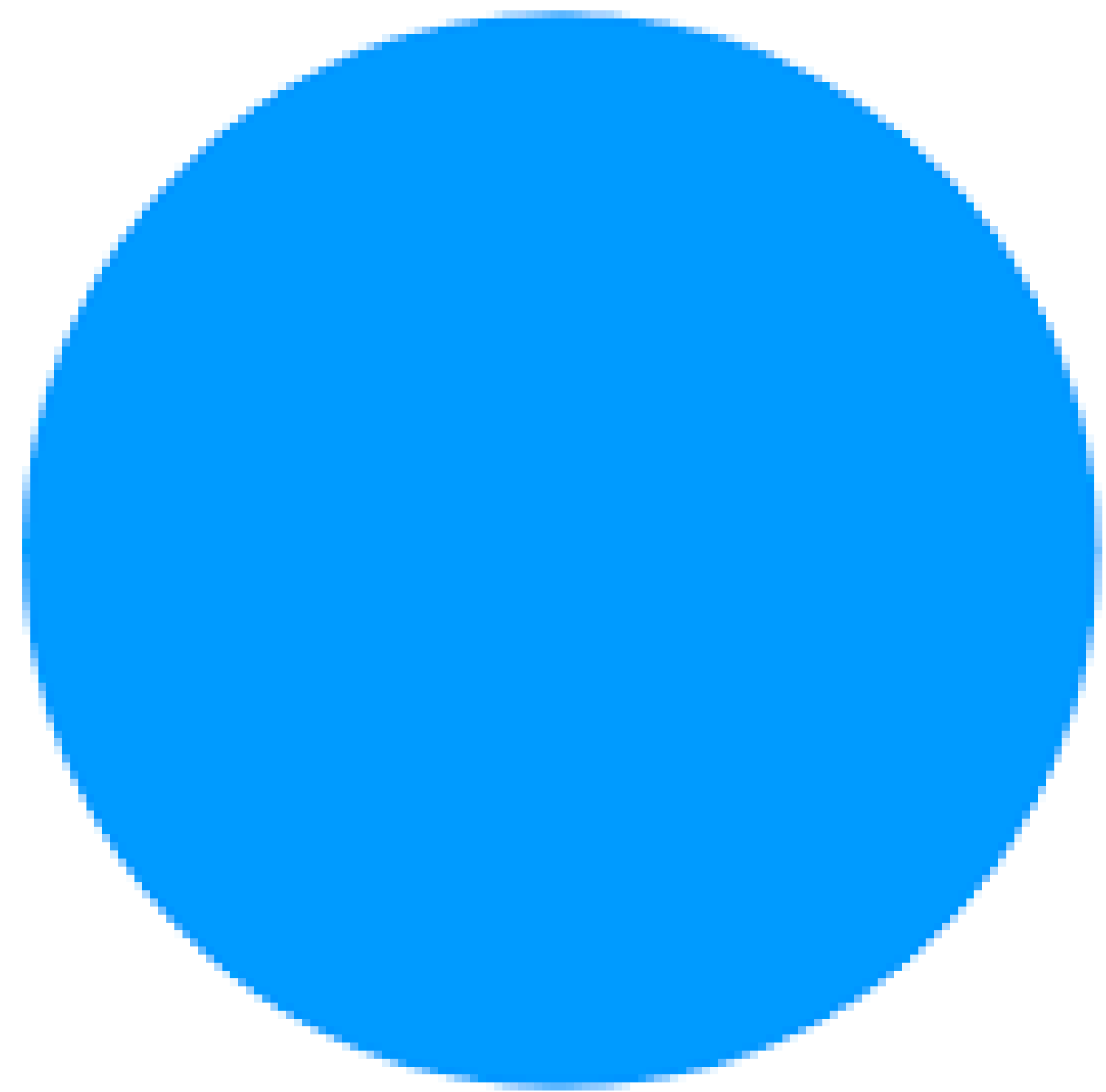












**USA  
TODAY**



Sometimes  
what hurts the  
most can't be  
seen.







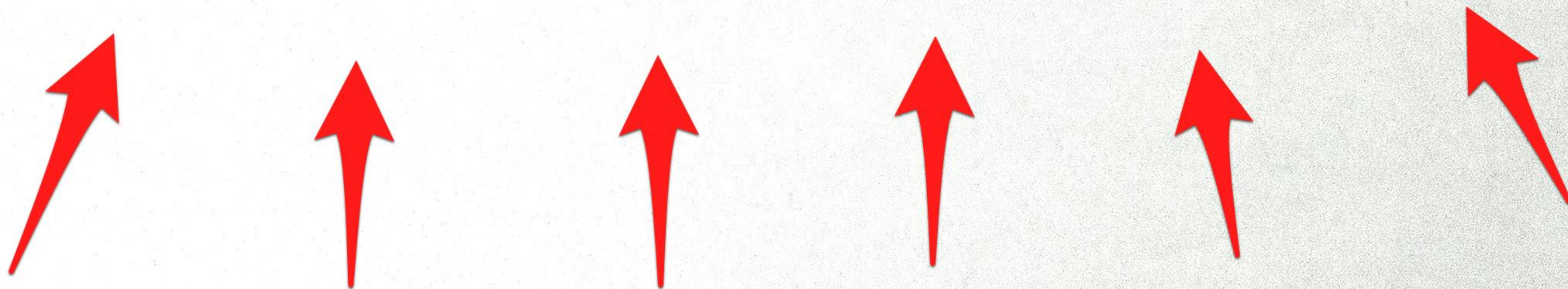
# FROM MENTAL "HELLNESS" TO MENTAL WELLNESS



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WHY?





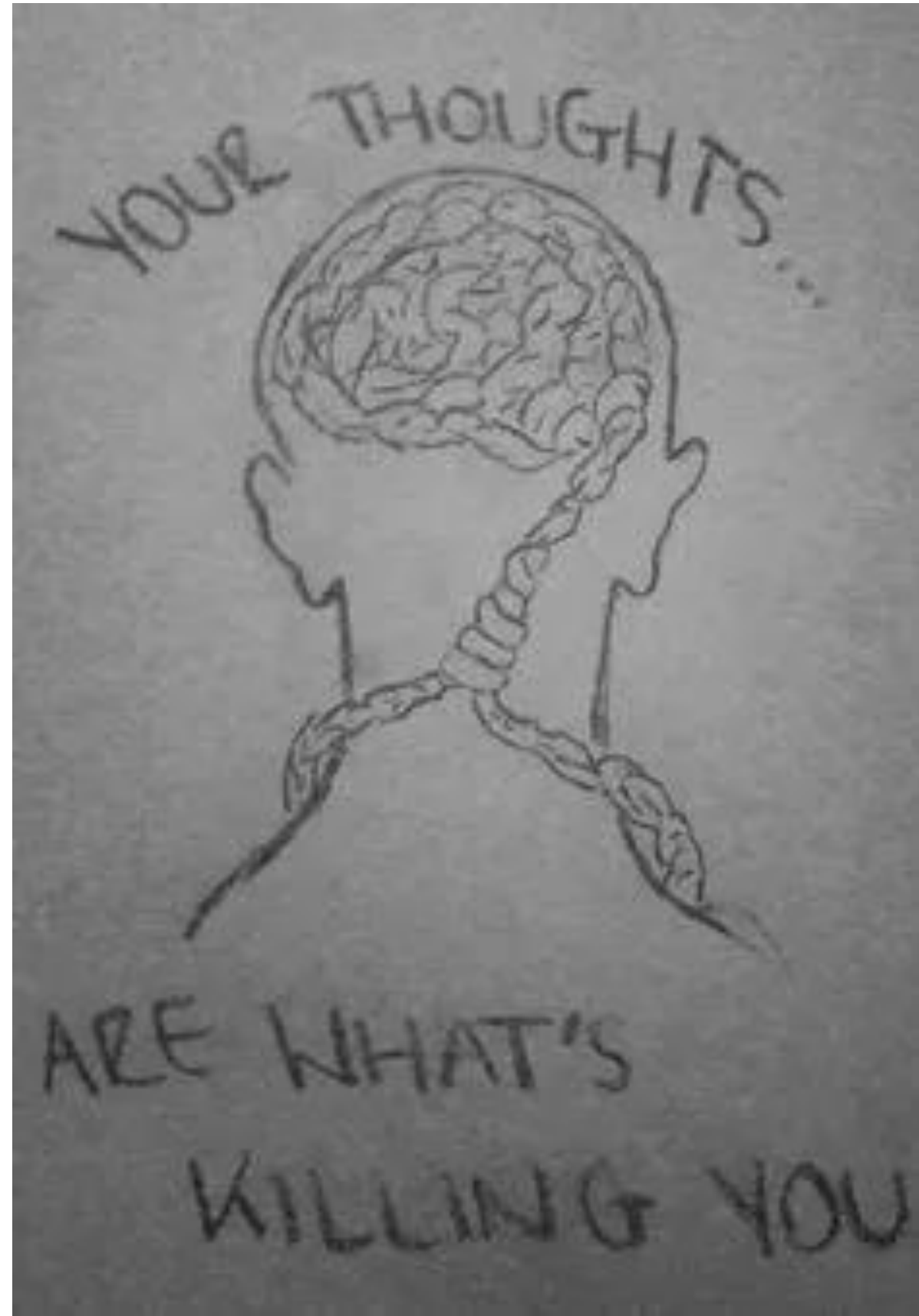
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*“When you’re depressed,  
you’re convinced that  
everything you think is true.”*

**Chef David Chang**

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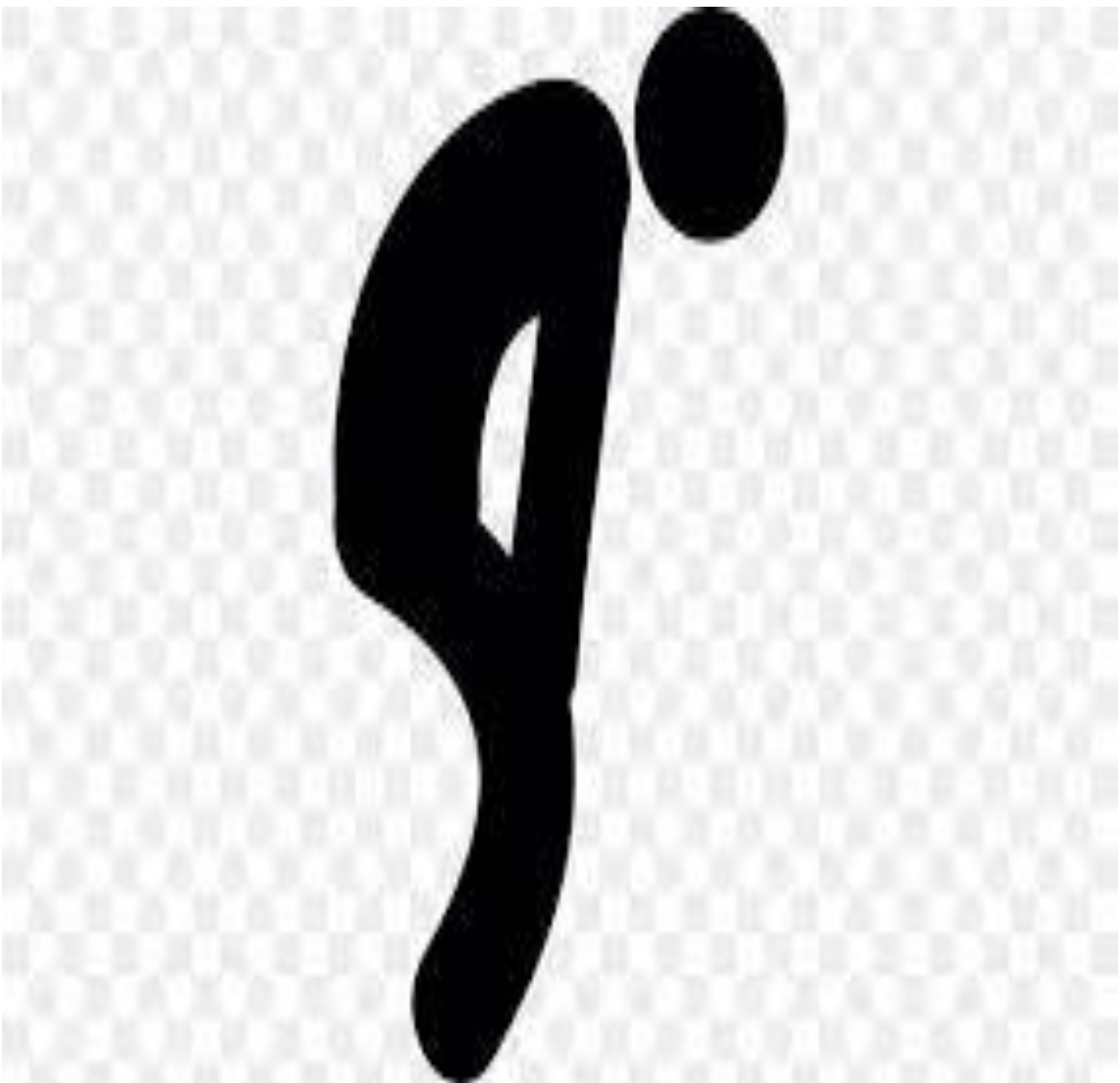


From the outside  
looking in it's  
hard to understand.

From the inside  
looking out  
it's hard to explain.

[www.paintedteacup.com](http://www.paintedteacup.com)









What  
depression  
feels like.















***“The opposite of  
depression is not  
happiness, but vitality.”***

**Andrew Solomon**




**IT'S NOT  
YOUR FAULT!**



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*“Trauma fractures comprehension as a pebble shatters a windshield. The wound at the site of impact spreads across the field of vision, obscuring reality and challenging belief.”*

**Jane Leavy**





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## One Model of Self-Care

*"A good laugh and a long sleep are the two best cures for anything."*  
-IRISH PROVERB

### **Body**

Sleep hygiene  
Clean diet  
Exercise  
Time outside

### **Mind**

Counseling/Therapy/Group  
Medication

### **Spirit**

Ritual/Practice  
Purpose



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A black and white photograph showing a woman and a young child walking away from the camera on a gravel path. The woman is on the left, wearing a light-colored long-sleeved shirt and jeans, with her arm around the child. The child is on the right, wearing a light-colored sweater with a patterned hem and dark pants. They are walking towards a body of water in the background, which is slightly out of focus. The text "It's ALL About CONNECTION" is overlaid in the center of the image in a white, sans-serif font. The words "ALL" and "CONNECTION" are underlined.

It's ALL About CONNECTION



*“No more fiendish punishment could be devised, were such a thing physically possible, than that one should be turned loose in society and remain unnoticed by all members of society.”*

Dr. William James





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*“I define connection as the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgment, and when they derive sustenance and strength from the relationship.”*

–DR. BRENE BROWN





***“The miserable have no other medicine, only hope”***

William Shakespeare



# **The Hope Experiment**





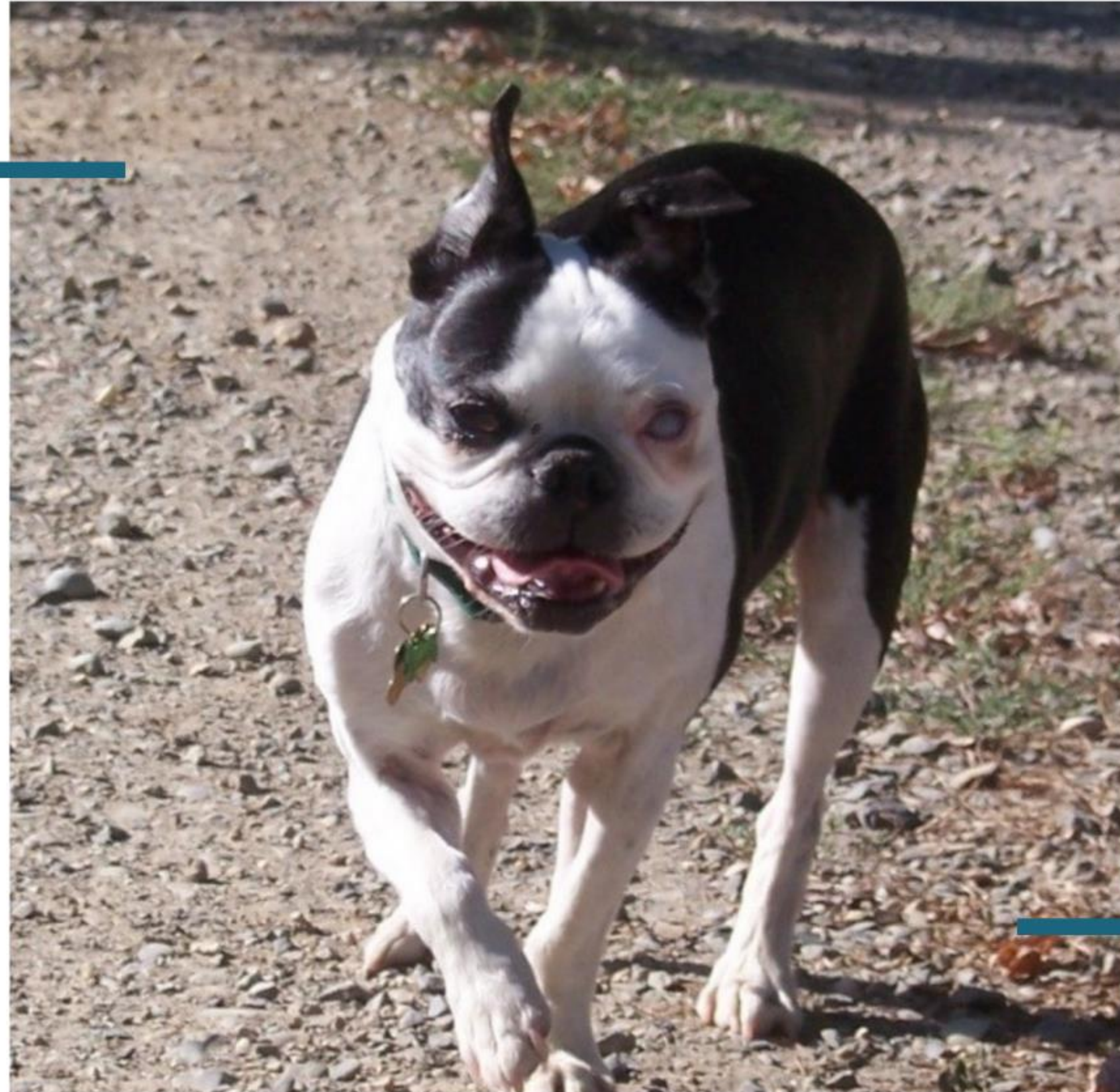


What  
depression  
feels like.





# WHAT MENTAL HEALTH LOOKS AND FEELS LIKE.















WHEN 'I' IS REPLACED BY 'WE'...  
— EVEN 'ILLNESS' —  
BECOMES 'WELLNESS'



***“The two most powerful things in existence;  
A kind word and a thoughtful gesture.”***

-Ken Langone, co-founder, Home Depot











Recognition

The diagram consists of two blue rounded rectangular boxes connected by a light blue circular arc. The left box contains the word 'Recognition' in white text. The right box contains a definition in white italicized text: 'the acknowledgment of something as valid or as entitled to consideration'.

*“the acknowledgment  
of something as valid  
or as entitled to  
consideration”*



# RECOGNITION

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*"A person's name is to that person, the sweetest, most important sound in any language."*

**DALE CARNEGIE**

*"A person's name is the greatest connection to their own identity and individuality. Some say it is the most important word in the world to that person."*

**JOYCE E. A. RUSSELL**







***"WHAT'S THE STORY  
BEHIND YOUR NAME?"***

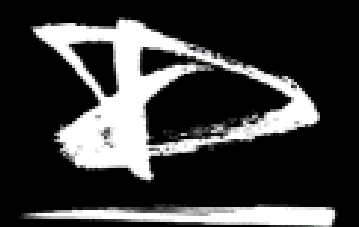


# UNDERSTANDING

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*"The art and science of asking questions is the source of all knowledge."*

THOMAS BERGER



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*"Frankly there isn't anyone you  
couldn't learn to love once  
you've heard their story."*

**Quote from social worker Mr. Rogers  
carried in his wallet.**

***Story is greater than impression.***





# YOU MIGHT BE SURPRISED...



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# UNDERSTANDING

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The most direct path we can take to overcoming the fears we have about mental illness is to leverage the power of curiosity to create understanding.

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The opposite of fear isn't calm. It's understanding.

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The more we understand, the less we fear.





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***“People must be given  
the opportunity to hurt  
out loud.”***

**Lady Bird Johnson**

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*“Violence is what happens when we don't know  
what else to do with our suffering.”*

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Parker J. Palmer



*“To not have your suffering recognized is  
an almost unbearable form of violence.”*

Andrei Lankov



“

*David what does it feel like to  
be depressed?*






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*“Our listening creates a sanctuary  
for the homeless parts within  
another person.”*

**-DR. NAOMI RAMEN, M.D.**







“*Thank you for telling  
me how you feel.*”





# EXPRESSIONS

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*"The deepest principle in human nature is the craving  
to be appreciated."*

**WILLIAM JAMES**





***"Happy today!"***





JOSEPH  
BONNINGER




*Someone you see today is thinking about killing themselves. Your smile, your question, your love could save them. Trust me. They told me it did.*

**DR. DREW RAMSEY, MD**



DAVID WOODS BARTLEY







**CONNECTION CREATES HOPE  
AND HOPE SAVES LIVES.**





