



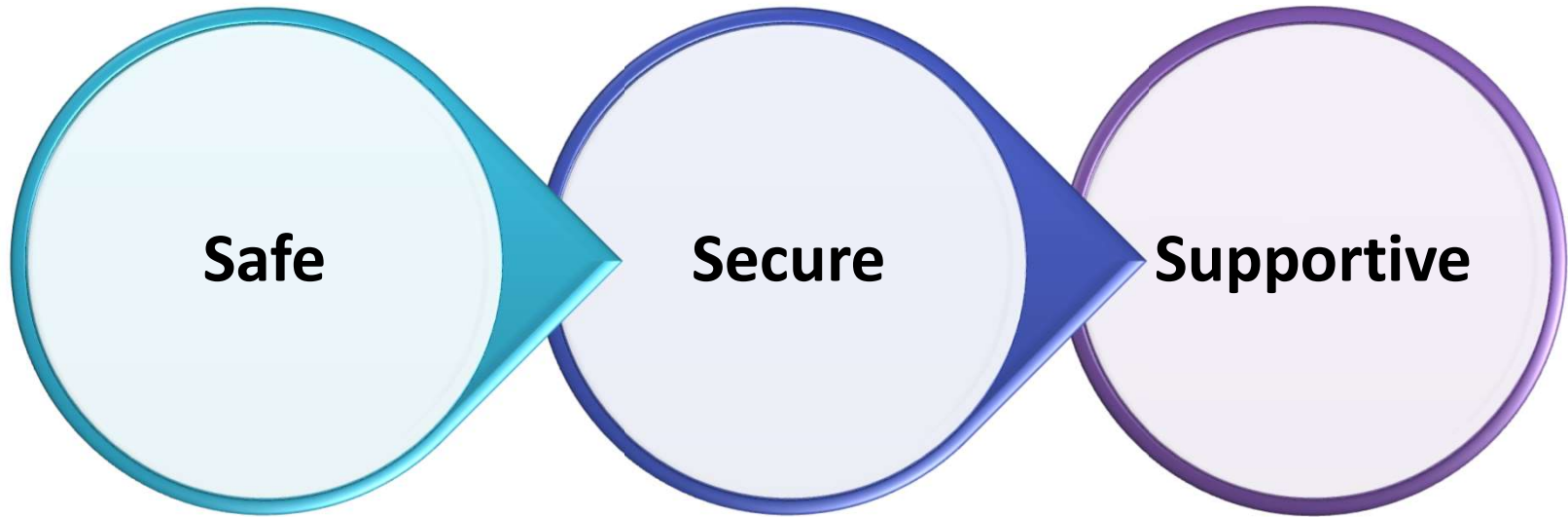
for Scotland's mental health

Reconnecting – Mental Health and Wellbeing

Robert Nesbitt, SAMH



Exploring Wellbeing



Recognising Differences



Three Different Groups

- People eager to return
- People wanting to return but feeling anxious
- People not wanting to return – High Levels of Fear

Recognising Different Attitudes

Health & Wellbeing

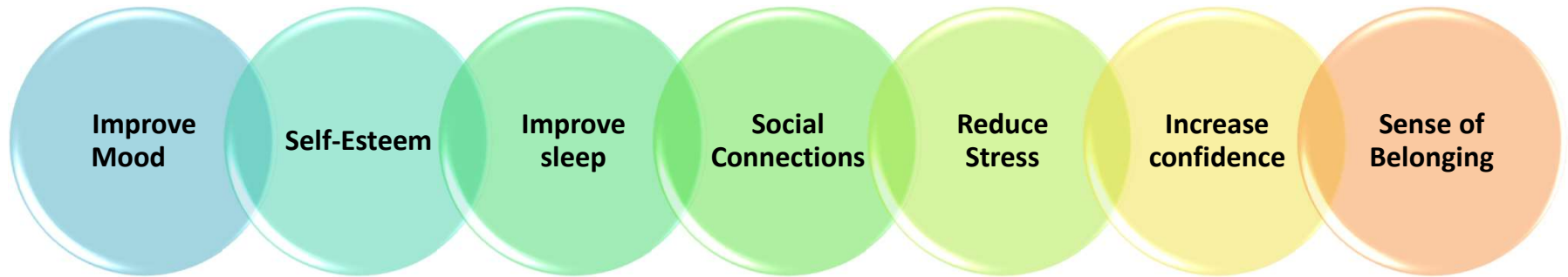
A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

A state of well-being in which every individual:

- realises his, her or their own potential
- can cope with the normal stresses of life
- can work productively and fruitfully
- is able to make a contribution to her, his or their community



Mental Health Benefits



Starting our conversation..



Prior to coming back

- How are we communicating with ourselves/groups/other individuals
- How are we able to engage different groups and discussing coming back
- Being proactive – Use your connections

All Being Part of the Solution

Back on the.....

- Start a conversation
- Take time to encourage others too
- Recognise and Acknowledge feelings
- Managing expectations
- Taking our time – Trust and Confidence

Support What is in Front of You

Support What is in Front You

- **Listen**
- **Look at how people are**
 - **Behaving**
 - **Reacting**
- **Body Language**
- **Engagement Levels**

What is Impacting on Them



But..... what about you?

- **Where are you at?**
- **How are you Feeling?**
- **How's your Wellbeing?**

Reflecting on Ourselves



What can support

- **Trust and Confidence**
- **Be aware of ourselves and others**
- **Managing our expectations**
- **Be realistic**
- **No Judgement**
- **Take our Time**
- **Build up and Reconnect**

Its Okay Not to Know all the Answers

www.samh.org.uk





**THANK
YOU!**

A small pink heart icon is positioned at the bottom right of the exclamation point in the 'THANK YOU!' text.