

Unimutual v Black Dog

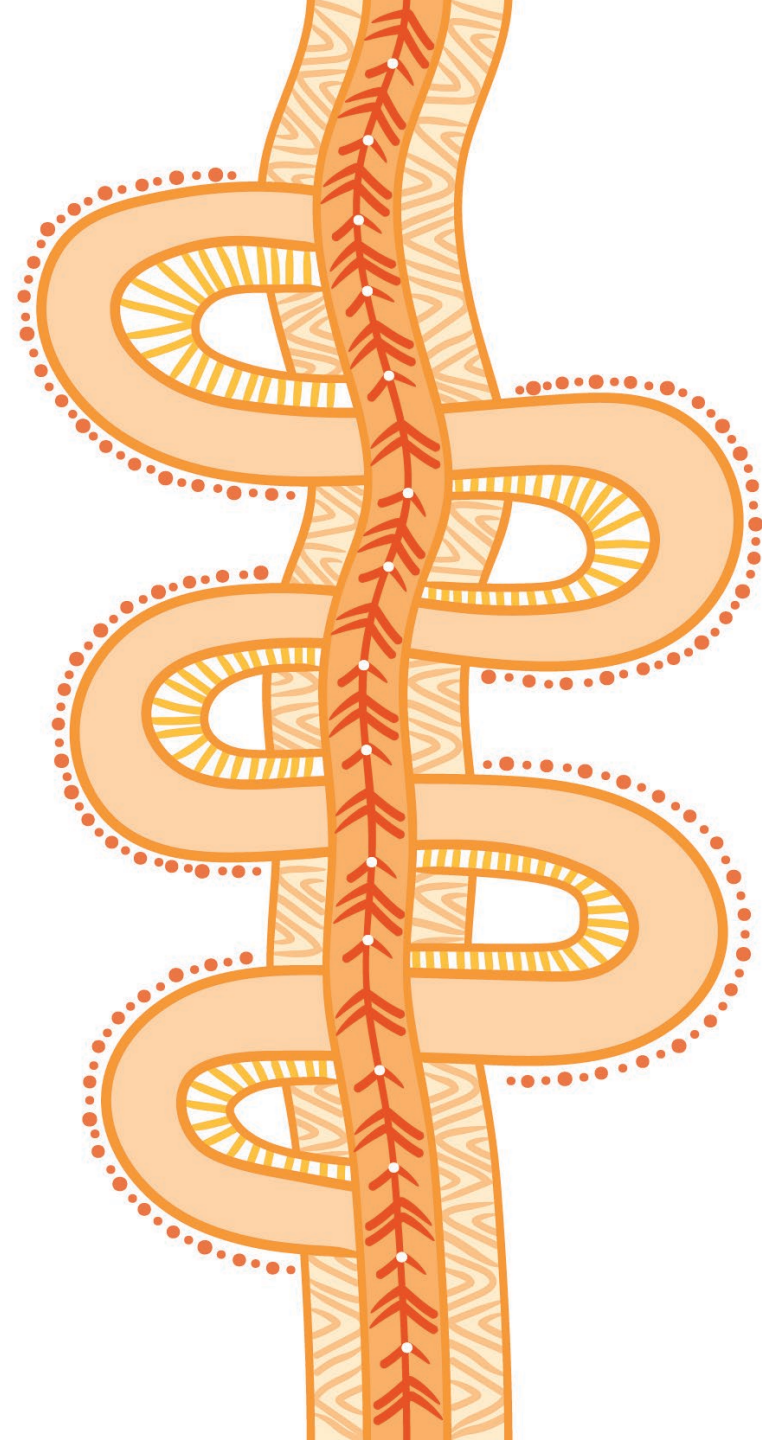


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Acknowledgement of Country

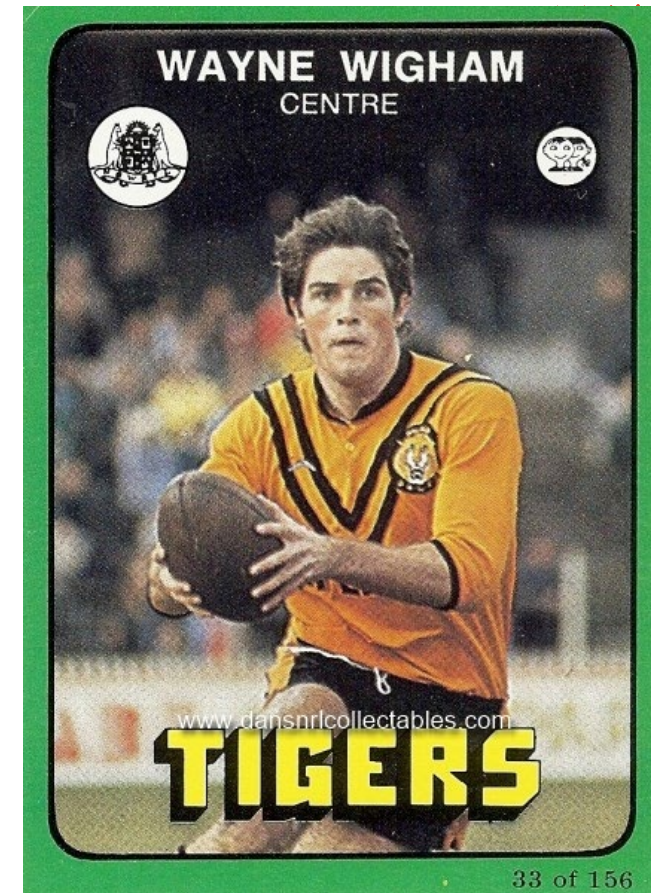
We acknowledge the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation, and the Bidjigal and Gadigal people of the Eora Nation as the traditional custodians of the lands on which we meet and work.

We recognise their continuing connection to land, water and community. We pay respects to all Aboriginal and Torres Strait Islander Elders past, present and emerging from all nations across this country.



A bit about me... the story so far..

- Growing up tough
- Hard man, hard sport, hard messages
- Accepting it was an illness, not just me



Because the World Health Organisations say so...

- Depression and anxiety is an illness
- But people still don't believe it....
- 5,000,000... that's 1/5 of us in any year
- 64 % of people don't seek help
- It is real pain
- Believe it's an illness – Rehab professionally

How do you know if you've got it

- Who do you have the most conversations with?
- Anxiety is not you.
- Depression is a liar
- Self medication
- Isolation
- Intimacy
- The Mask

Features of Clinical Depression

**Changes in
appetite/
weight**

**Poor
concentration
and memory**

**Lowered
self-esteem/
self-worth**

**Less
enjoyment in
life**

**Change in
sleep**

**Reduced sex
drive**

**Low energy
levels**

**Increased
anxiety**

**Negative
self-talk**

**Less able to
control emotions
eg. Tearfulness,
anger, guilt**

The game of life

- If it was a game it'd be Rugby League
- Game of life is harder than being an elite athlete – good games bad games
- View your self as life/Industrial Athlete Wisdom to know what you cannot change ,strength to change what you can
- Pride. respect Playing the smart game .Use the facts .Accept the new knowledge W5 years a recluse. 5 mates that never gave up on me
- Sheep that stray from the flock don't do well
- Connection can save your life – use your support team
- How do I help a mate? How do I start the conversation?

Healthy conversations...



Getting help... what if a mate says he's not okay?

- Listen and encourage professional help
- A bit about medication
- Lifestyle, exercise & building mental muscle
- Purpose, gratitude & mindfulness
- Mateship

Future proofing your mind

- Purpose
- Gratitude
- Mindfulness – hockey girl, inner voice
- Mateship
- Exercise & Sweat
- Forgiving yourself – everyone makes mistakes
- Be proud of yourself and your team mates

Believe it's real, seek help, rehab professionally, be brave



And a little time for questions...