

STRONGER TOGETHER MENTAL WELLBEING HUI



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sarbjoahal.com



CONNECTION

IRL & DIGITAL



"... A STATE OF MENTAL WELL-BEING THAT ENABLES PEOPLE TO COPE WITH THE STRESSES OF LIFE, REALISE THEIR ABILITIES, LEARN WELL AND WORK WELL, AND CONTRIBUTE TO THEIR COMMUNITY. IT IS AN INTEGRAL COMPONENT OF HEALTH AND WELL-BEING THAT UNDERPINS OUR INDIVIDUAL AND COLLECTIVE ABILITIES TO MAKE DECISIONS, BUILD RELATIONSHIPS AND SHAPE THE WORLD WE LIVE IN."

**“MENTAL HEALTH IS DETERMINED
BY A COMPLEX INTERPLAY OF
INDIVIDUAL, SOCIAL AND
STRUCTURAL STRESSES AND
VULNERABILITIES.”**

[HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/MENTAL-HEALTH-STRENGTHENING-OUR-RESPONSE](https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response) PUBLISHED 17/6/22, ACCESSED 17/4/23

LONELINESS

Our societal vulnerability?





★ 32

✉ 11

♥ 25

👤 18

@ 9



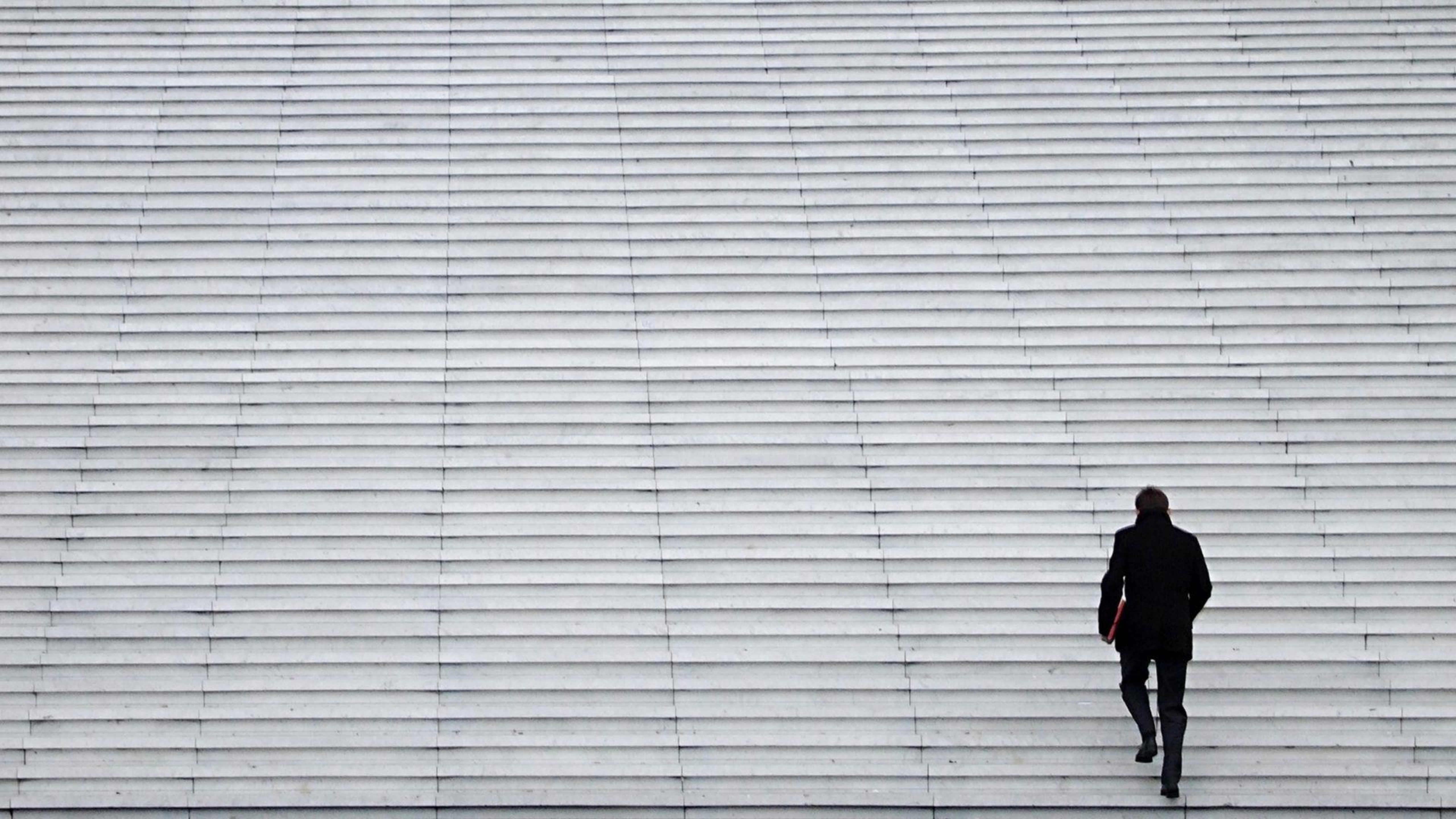




A green highway sign with white text that reads "True Or Not True?". The sign is mounted on a metal structure against a sunset background with a bright sun and orange sky. The sign has a white border and rounded corners. The text is in a large, bold, sans-serif font. The background shows a sunset with a bright sun on the left and orange clouds. The sign is supported by a metal structure with two white rectangular boxes on the bottom edge.

True Or
Not True?



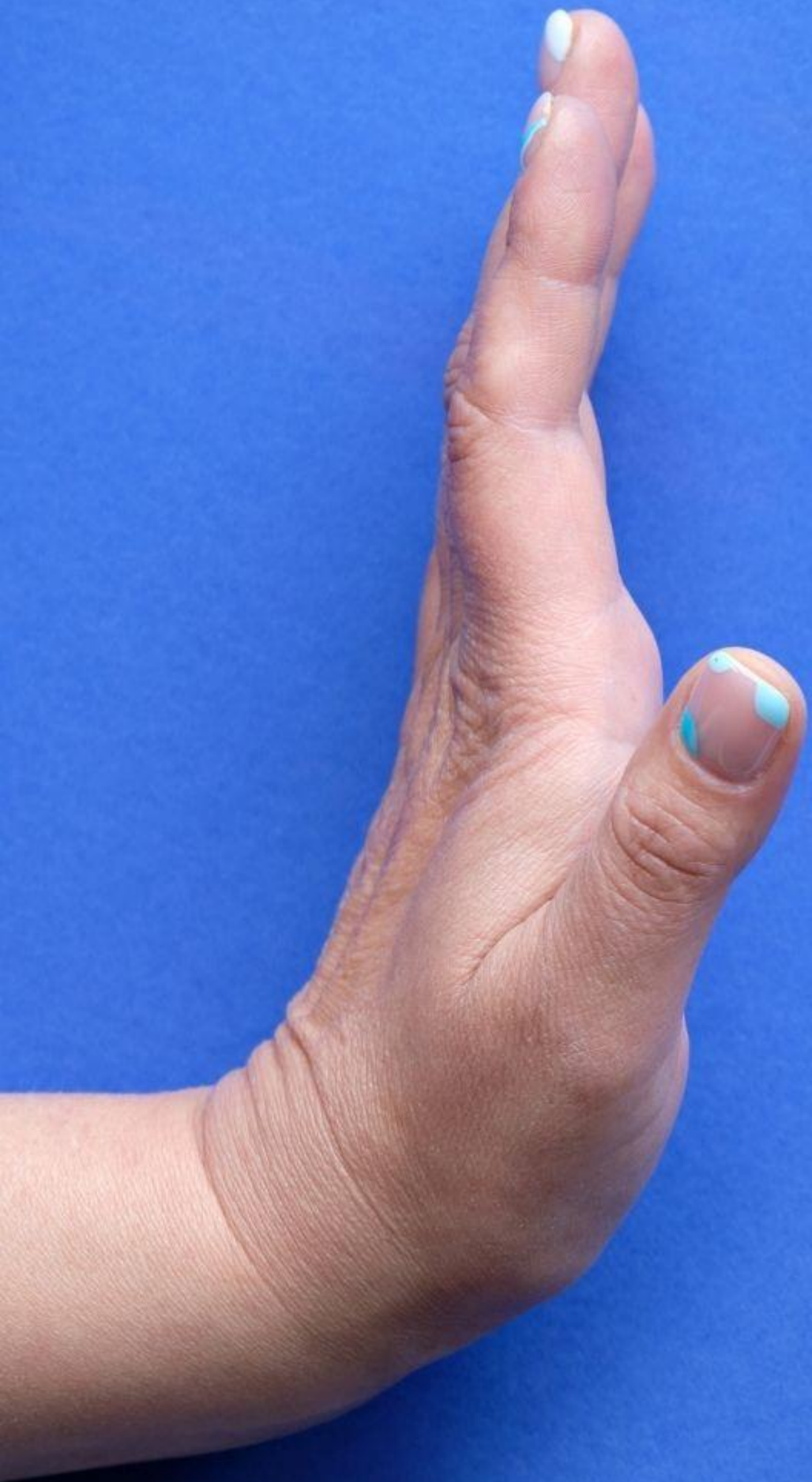





LONELINESS IS “THE EXPERIENCE OF NOT BELONGING TO THE WORLD AT ALL, WHICH IS AMONG THE MOST RADICAL AND DESPERATE EXPERIENCES OF MAN.”



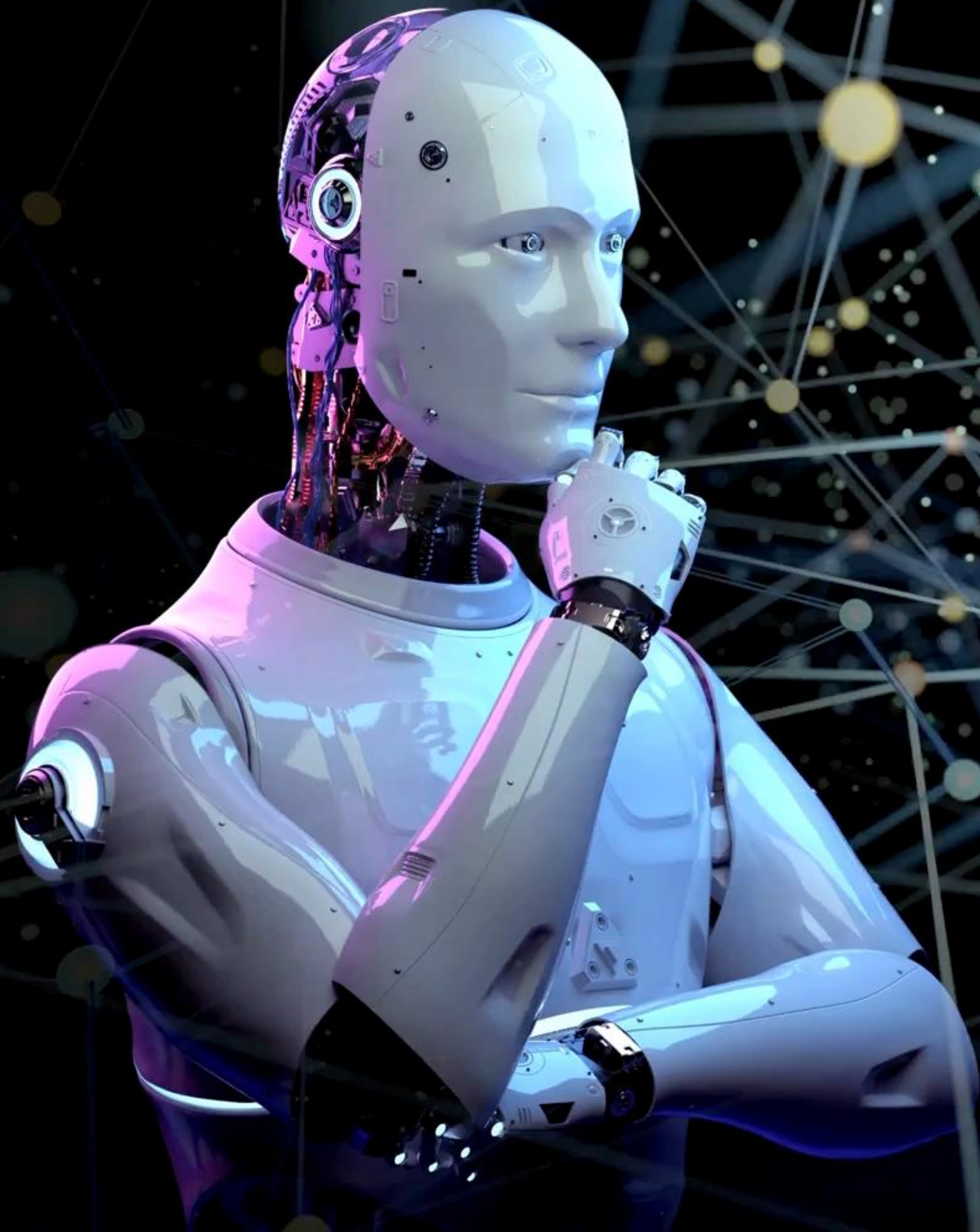
**THE
OVERPOWERING
URGE TO
MATTER**







**I DIDN'T INCLUDE A PICTURE OF A SPIDER HERE
BECAUSE THE NEXT SLIDE WILL BE CHALLENGING ENOUGH**

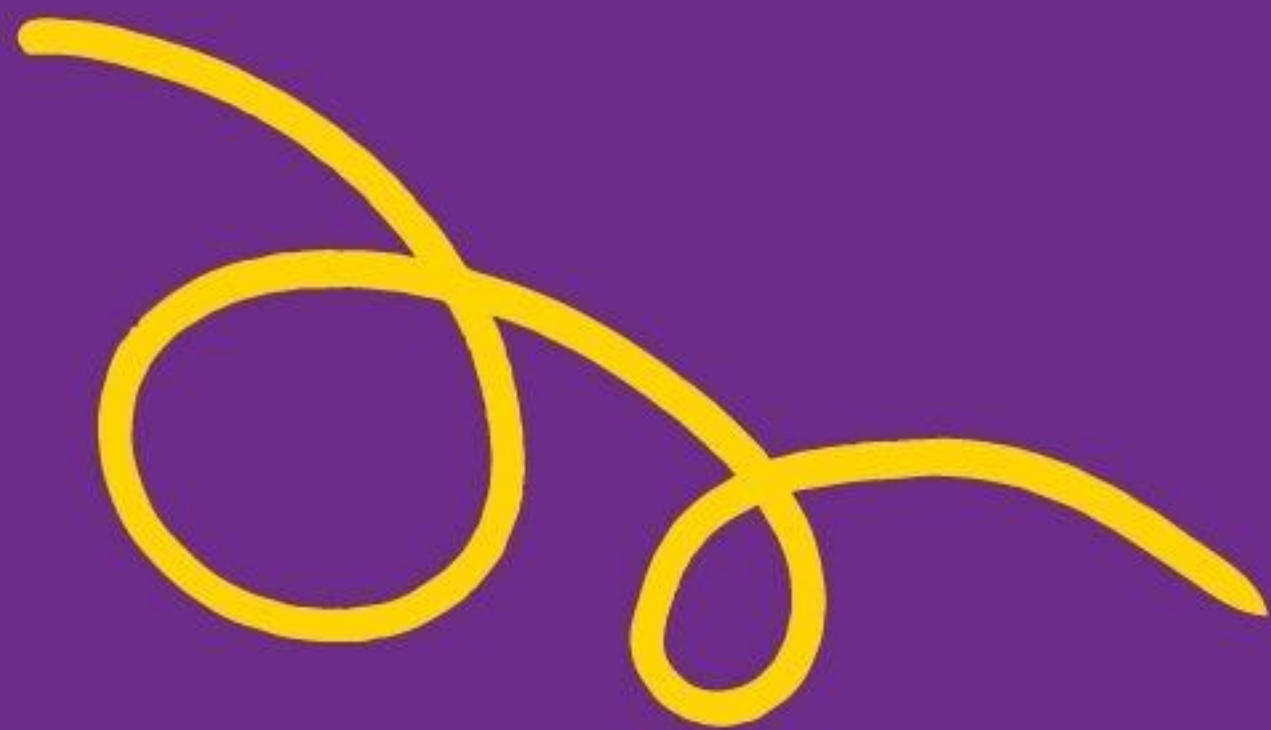


“THE PREREQUISITES FOR PSYCHOSOCIAL WELLBEING ARE SAFETY, CALM, AGENCY, CONNECTION AND HOPE – THE PANDEMIC HAS DISRUPTED ALL OF THESE.

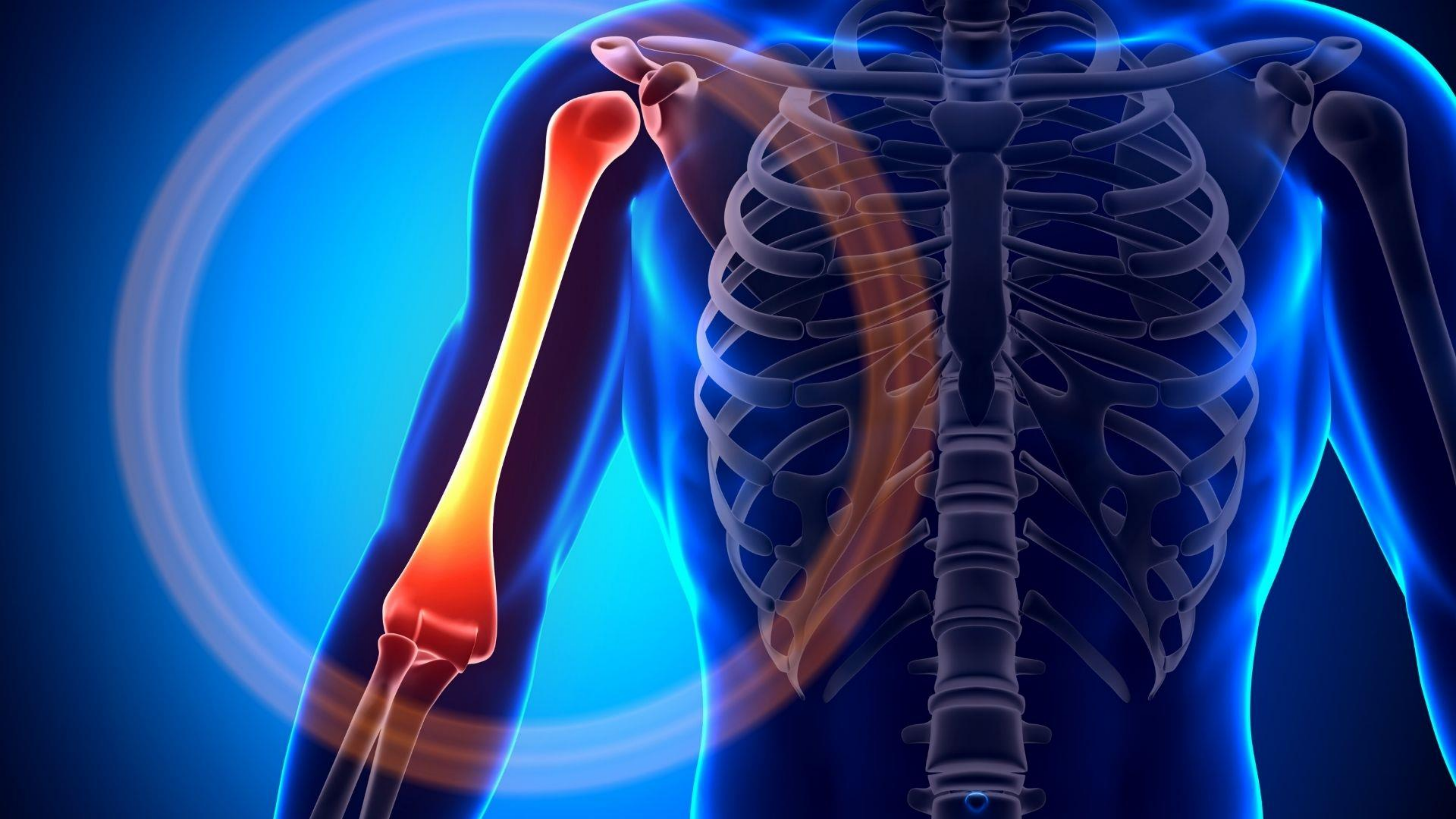
THIS DISRUPTION PLAYS OUT DIFFERENTLY OVER TIME, ACROSS COMMUNITIES, ACROSS DIFFERENT CULTURAL GROUPINGS, AND WITHIN INDIVIDUALS SO THE INVESTMENT CHALLENGE IS TO FUND OPPORTUNITIES FOR PEOPLE TO CONNECT AND GENERATE KINDNESS, MEANING AND HOPE TOGETHER.”



**WE BUILD
WE CONNECT
WE HEAL**

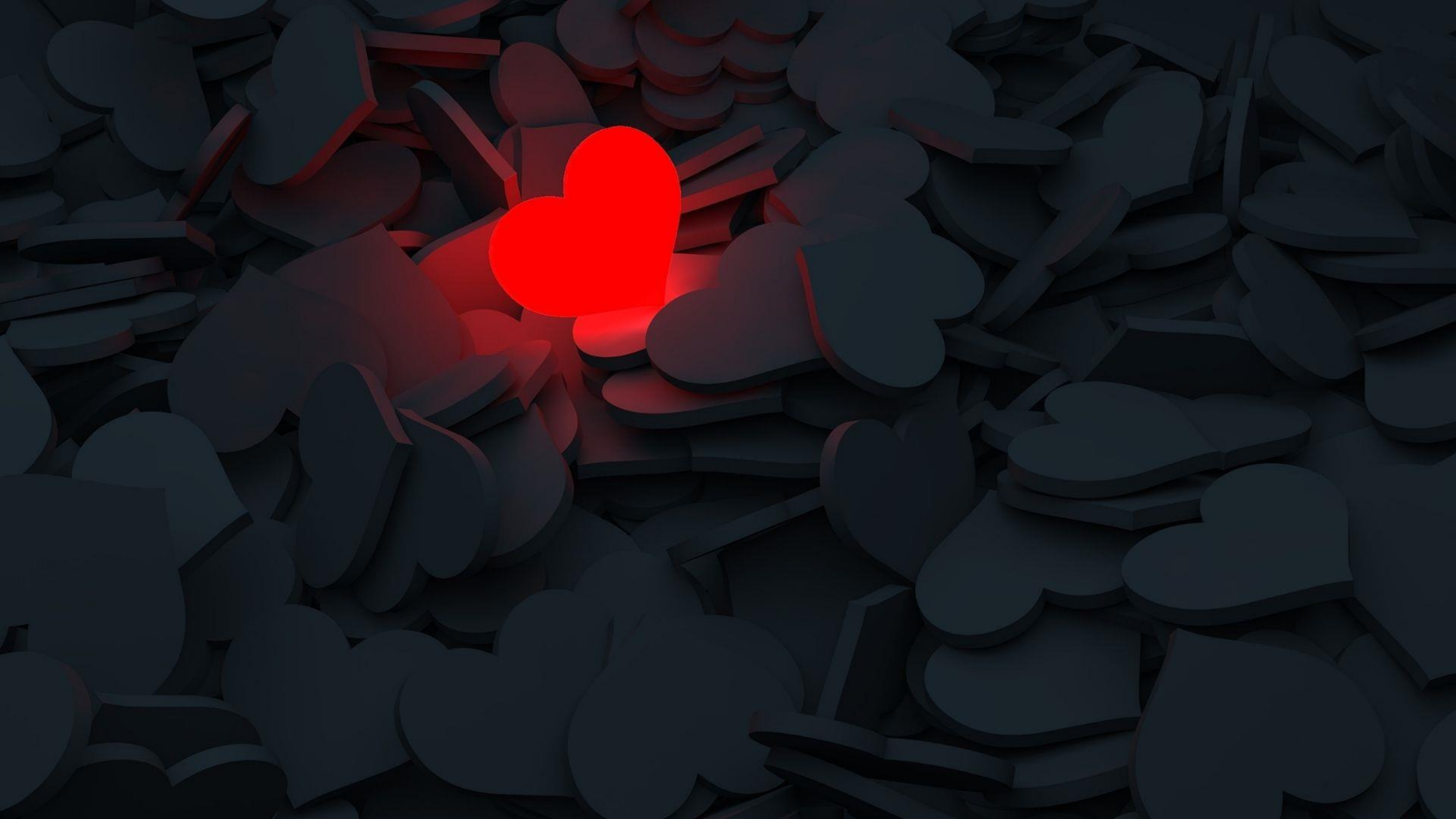






A woman with long brown hair, wearing a blue top, is sitting on the floor in a library, reading a book to a group of children. The children are sitting around her, some looking at the book. The background is filled with bookshelves packed with books. The scene is brightly lit, suggesting a sunny day. The text is overlaid on a semi-transparent grey box in the center of the image.

"WITH A COMMUNITY CO-WORKING SPACE, A LIBRARY OF THINGS, AND SKILL AND KNOWLEDGE SHARING, WHĀNUA AND COMMUNITIES WILL HAVE ACCESS TO RESOURCES AND LIVE IN HEALTHY ENVIRONMENTS THAT SUPPORT MENTAL WELLBEING."



DEMOCRACY



**ALGORITHMS
ATTACHMENT
ARGUMENT**

- 1. REGULATE & REDUCE EXPOSURE**
- 2. TACKLE LONELINESS &
DETACHMENT**
- 3. TEACH PEOPLE HOW TO DISAGREE
WITH CIVILITY AGAIN**
- 4. TEACH PEOPLE HOW TO DE-AROUSE**

Ray: I was just listening to what you said about the internet melting our brains and I wanted to tell you what happened to me.

James: Go on.

Ray: I don't really know any Muslims, but I started reading stuff online a few months ago, the EDL and that, and the more I read the angrier I got.

James: Angry about what?

Ray: Angry about these people poncing off us while plotting to kill us.

James: Wow.

Ray: I know, but they'd back it up by quoting from the Koran or the Hadiths and kind of prove all their points about Muslims without ever actually talking to any.

James: So what happened?

Ray: My wife told me to stop.

James: What do you mean?

Ray: I was getting angry with her, with the family, with everyone really. I'd start trying to convince everyone that we were under siege and they just couldn't see it. The wife said I was making myself ill and making her unhappy and she told me to leave the laptop under the sofa for a month.

James: What happened?

Ray: I was sorted in less than a week. Never look at that stuff anymore. Couldn't be happier.

— James O'Brien, *How To Be Right... in a World Gone Wrong*