



WE BOUNCE BACK

A campaign focused on resilience

Presented by: Voices of Hope

You do not have to do this alone.
Find help [HERE](#).



www.thevoicesofhope.org



About Voices of Hope

Mental Health charity Voices of Hope was founded in 2014 by Genevieve Mora and Jazz Thornton. Both being mental illness survivors they felt the need to use their past experiences alongside their passion for creating content to provoke and bring change.

Voices of Hope aims to create and implement change, whilst providing hope through the voices of lived experience.



Project Brief

Resilience is the ability to withstand adversity and bounce back from difficult life events. 'We Bounce Back' is the latest campaign from NZ mental health charity Voices of Hope that features six video episodes following different New Zealanders who have experienced their own mental health challenges. The interviewees candidly discuss tools they used in their own journeys, touching on resilience and the impact Covid-19 has on their everyday life.

We have found that storytelling and sharing lived experiences allow others to feel less alone. This project focuses on sharing people's journeys with their own mental well-being. Covid-19 is something that has affected all Kiwis in one way or another and together as kiwis we have collectively learnt to be resilient.

The interviewees also come from a variety of backgrounds which allows these stories to be relatable and inspiring to a wide audience. It also shows that no matter who you are or what your life circumstances are, we all face mental health challenges that we can get through and you do not have to go through them alone.

IT'S NOT WEAK TO SPEAK



How to get the most out of “We Bounce Back”

This kit has been put together to support you in having conversations in an educational space around mental health and what it means to be resilient.

We suggest you as the teacher/educational professional watch the content first and pick which videos you think would be the most relevant to your students. You may want to watch all 6 of them or just 1. It is up to you. On the next few pages, you will find Q and A prompts, some talking points and some activities to use as an educational guide.



Pre activity

1. What does the word “resilience” mean to you?
2. What comes to your mind if you were to describe “mental health”?
3. Describe the impact you think COVID has had on your living environment and/or community?
4. In the 2020 Youthline survey, more than 72% of all respondents agreed that COVID-19 and Lockdown had an impact on their mental health. What's your thoughts on that?
5. Are you aware of the health services you can access for free if you need to speak with someone about what you are dealing with? (e.g. Youthline, free help/counselling 24/7)
6. In your opinion, what would you like to see change in the mental health space and why? (e.g. breaking the stigma, having it taught as part of the curriculum etc)





TEGAN YARWORTH

Tegan is 24 years old and well known for her role on Mai FM Breakfast, hosting alongside Nickson and Jordan. Last year Tegan bravely shared her battle with anxiety and depression on air. We chatted to her about what opening up did for her and what practical things she does to look after her mental health.



**CLICK THE IMAGE BELOW TO
WATCH TEGAN'S STORY**



QUESTION PROMPTS

1. Why do you think mental health sometimes makes a person feel like they can't be themselves?
2. If you have anyone in mind, can you share someone you know that publicly speaks about mental health and is working to normalise the conversation/reduce the stigma?
3. Tegan speaks about conversations being a great tool for her in her journey with mental health. What kind of people can be helpful to have conversations with?
4. She also speaks about how something as simple as 20 minutes of sun on her face helped with her mood stabilisation. What other simple things could you do to help to stabilise your mood and 'fill your cup'?



QUESTION PROMPTS

5. How does being grateful help you to gain perspective?

6. What is something you are grateful for today?

7. Was there something you learned about yourself during a lockdown? If you can't pinpoint something, then what did you positively gain from your experience?

8. With limited resources and opportunities, how did you 'fill your cup' during a lockdown? E.g. Staying connected with friends over video calls.



ACTIVITY: PRACTICING GRATITUDE

Tegan spoke about how gratitude journaling has been helpful through her own mental health journey.

Practicing gratitude is scientifically proven to improve your mental well-being.

In this activity, we encourage you to get your class to write about three things they are grateful for.

Here is an example:

1 I am grateful for my ability to hear. Being able to listen to my friends and hear laughter.

2 I am grateful for the opportunity to get an education

3 I am grateful for my family who love me through it all.





MELOWDOWNZ

MELOWDOWNZ (Bronson) is a Polynesian urban poet and artist from Avondale.

He openly discusses how tools like music has helped him on his own mental health journey.

CLICK THE IMAGE BELOW TO WATCH MELODOWNZ STORY



QUESTION PROMPTS

1. Melowdownz speaks about how young men don't often communicate how they are feeling. From the time they are young, many males are told implicitly or explicitly that talking about their feelings and showing emotion are signs of weakness. How can everyone including males help to reduce this stigma?

2. Music is Melowdownz "expressive outlet" and helps him to deal with his emotions, what is your expressive outlet?

3. He also speaks about how music is a healing component. What other art forms have you experienced to have a healing component?

4. Melowdownz discusses how during Covid he felt a sense of oneness, where everyone was dealing with hardships together. Did you feel this sense of oneness during lockdown, if so, how did this help your own experience?



QUESTION PROMPTS

5. Do you think this sense of 'oneness' (in terms of being able to relate to and connect with others) could help people that are struggling with their mental health?
6. What is one thing you were grateful for during lockdown? How did it make you appreciate the small things in your life?
7. What would your message to someone struggling be?
8. In your day to day life what uplifts or makes your day better?



ACTIVITY: SONGS THAT LIFT YOUR MOOD

Melowdownz spoke about how important music is for his mental health.

As a class create a list of songs that lift your mood and make you feel good.

You could take this one step further by creating a class Spotify playlist that could be played as students arrive to class each week.





WILL

Will is a father of two, a loving husband, and a construction worker who has fought his own battles with mental health. He talks us through his own lived experience, highlighting the tools that helped him when he needed support.



**CLICK THE IMAGE BELOW TO
WATCH WILL'S STORY**



QUESTION PROMPTS

1. What metaphor does Will use to explain how he was feeling?
2. How did his friends and family support him during this time?
3. Will talks about the importance of routine. Why did this help him so much?
4. Therapy was something he found very helpful why was that?
5. What practical tools did Will use during his journey to keep him on track?
6. Balance is key for Will. What areas of your life do you think you could find more balance in?
7. What was Will's overall experience with lockdown?
8. Less money meant more of what for Will?
9. Why do you believe telling someone how you are feeling is important?
10. Will uses the mantra "This too shall pass".
What is a mantra or quote you like?



ACTIVITY: "MY HAPPY LIST"

Will spoke about how creating a brainstorm of things he needs to be happy, helped immensely throughout his journey.

In this activity, we encourage you to get your class to create brainstorms in groups (or individually) about things they can do and people they can talk to if they're having a hard day.





LUCY SHARP

Lucy has been through a lot in her 19 years. During her earlier teen years she fought a tough battle with Cancer and has gone on to use her story of resilience to inspire others.



**CLICK ON THE IMAGE BELOW
TO WATCH LUCY'S STORY**



QUESTION PROMPTS

1. Lucy's journey made her realise how important it is to live life to the fullest. In what ways have you or can you implement this idea in your life?
2. Why can therapy be a good option for many people struggling with mental health. Do you think there is a stigma around going to therapy, if so, why?
3. Lucy said it was helpful to gain knowledge on other people's journeys so she didn't feel so alone. Why do you think it can be so helpful to hear more about other peoples journeys? Where would you go to find out more about other peoples experiences?
4. Did your lockdown experiences give you an opportunity to stop, think and reflect? If so, would you like to share some of these reflections and how they may have impacted your life since?
5. What positives did you learn from your experiences in lockdown?
6. What would be your message of support to someone struggling with mental health?

ACTIVITY: "I AM RESILIENT"

In this activity we encourage you to get your students to write about a time where they have had to be resilient focusing on the below questions.

- 1) What did it feel like?
- 2) What did it look like?
- 3) What did I learn?
- 4) What tools helped me?
- 5) How could I handle it differently next time?





DOE DONUTS

Grace and Shenine met in high school and have since gone on to launch their business 'Doe Donuts'.

As close friends and business partners, they have navigated a lot together from starting a small business, lockdown and their own mental well-being related challenges.

CLICK THE IMAGE BELOW TO WATCH SHENINE AND GRACE'S STORY



QUESTION PROMPTS

1. Both Grace and Shenine shared an experience during their childhood/teenage years that impacted their mental health. What is this and why do you think this may have affected them?

2. Did Shenine instantly know that she had depression or was there confusion around why she was feeling the way she was?

3. Both girls talked about how helpful therapy was. Why was this?

4. Grace talks about friendships and what is truly important. What are your thoughts on what she said?



QUESTION PROMPTS

5. How important is communication for both Shenine and Grace?

6. Is there a time where you have had to “take a leap of faith” and commit towards something you are passionate about?

7. What were some of the challenges they faced with opening a business?

8. What is one of the important lessons they have learnt?

9. Shenine and Grace have opened their own store which they always dreamed of. What is your biggest dream?

10. Why did they want to share their story?



ACTIVITY: RECIPE FOR A HEALTHY & HAPPY LIFE

Shenine & Grace (Co-Owners of Doe Donuts) work with recipes on a daily basis.

In this activity we want students to create a "Recipe for a healthy and happy life." How they choose to do this is up to them.

You can use this example for guidance.

1

Step 1 - Surround myself with people who uplift me.

2

Step 2 - Make sure everything I do aligns with my values.

3

Step 3 - Speak kindly to myself.

4

Step 4 - Treat others how I would like to be treated.





ALEX AND BAILEY

Bailey Mes and Alex MacLeod-Smith are long-time friends and flatmates.

Alex and Bailey both have a background playing netball professionally and have faced their own mental health challenges and performance pressures.

CLICK THE IMAGE BELOW TO WATCH
BAILEY AND ALEX'S STORY



QUESTION PROMPTS

1. Bailey discusses how she often associates her sports performance with who she is as a person. This can happen in many instances throughout our lives, as we put pressure on our performance in many different situations. How can we work to separate our performance from who we are as a person?
2. Both Alex and Bailey speak of the importance of having tools to manage their mental health. What are some things that are important to you that you do or could use as a tool?
3. How did you find perspective during the lockdown and how did this help your experience?
4. Outside of Covid and lockdown, do you think this idea of finding perspective could help you in other situations in your life?
5. Alex and Bailey said that speaking to people helped them a lot. Why do you think it can be so important to speak to other people about how you may be feeling?

ACTIVITY: KNOWING VALUES

Alex and Bailey talked about the importance of knowing your values.

In this activity ask your students to pick 5 values from the list on the next page and then elaborate on WHY they chose those particular ones.



VALUES LIST

ABUNDANCE
ADVENTURE
BEAUTY
CLARITY
CONNECTION
CREATIVITY
EFFECTIVENESS
EXCELLENCE
FAMILY
FULFILMENT
HEALTH
INDEPENDENCE
INSPIRATION
LOVE
PEACE
POWER
SIGNIFICANCE
STABILITY
TOLERANCE
WEALTH

ACCOUNTABILITY
AMBITION
BEING THE BEST
COMFORT
CONTRIBUTION
CURIOSITY
EMPATHY
FAIRNESS
FLEXIBILITY
FUN
HONESTY
INTEGRITY
KINDNESS
MONEY
PERFECTION
RESPECT
SPIRITUALITY
SUCCESS
TRADITION
WISDOM

ACHIEVEMENT
AWARENESS
CALMNESS
COMPASSION
CONTROL
DETERMINATION
ENERGY
FAITH
FREEDOM
HARMONY
HONOUR
INTELLIGENCE
KNOWLEDGE
NATURE
PERSISTENCE
SECURITY
SPONTANEITY
STATUS
TRUTH

ACTION
BALANCE
CHEERFULNESS
COMPETITION
COURAGE
DISCIPLINE
ENTHUSIASM
FAME
FRIENDSHIP
HAPPINESS
HUMILITY
INTIMACY
LIVELINESS
PASSION
PHILANTHROPY
SIMPLICITY
STRENGTH
TEAMWORK
VITALITY

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