

Share-A-Story Activity

When it comes to wellbeing, at Everymind at Work we believe in the power of storytelling to break through barriers and a plethora of stigma.

What Does Your Story Say About You?

We are, each of us, a product of the stories we have lived through. Some may be brief and inconsequential, whilst others may become deeply ingrained and define who we are.

Your story is yours to tell, share what you feel comfortable sharing whether this is just one word or multiple sentences. Feel free to write freely or use one of the prompts below.

- The one thing that shaped my journey is...
- I am most proud of... 
- Something people may not know about me is...
- The happiest moment of my life was... 
- Something I thought was a failure which ended up being positive was...
- My biggest regret is... 
- The hardest thing I had to hear was...
- My fear once held me back from... 
- My turning point was making a change from...
- The biggest life lesson I learned was... 

How To Share Your Story

The aim of sharing our stories is to combat the stigma and shame around mental health struggles and to highlight human resilience, strength and perseverance. The stories can be shared virtually or physically.

If you are physically together we recommend each of you fold your piece of paper and pop it into a jar. The idea is for each of you to pull a message out and read it aloud to the group. If you wish to elaborate on your story, you can, or you leave it to remain anonymous.

Alternatively, you could pin your messages on a wall in your workplace for others to see. If you are doing this virtually, we recommend using [mentimeter](#).