

# Post Talk Handout

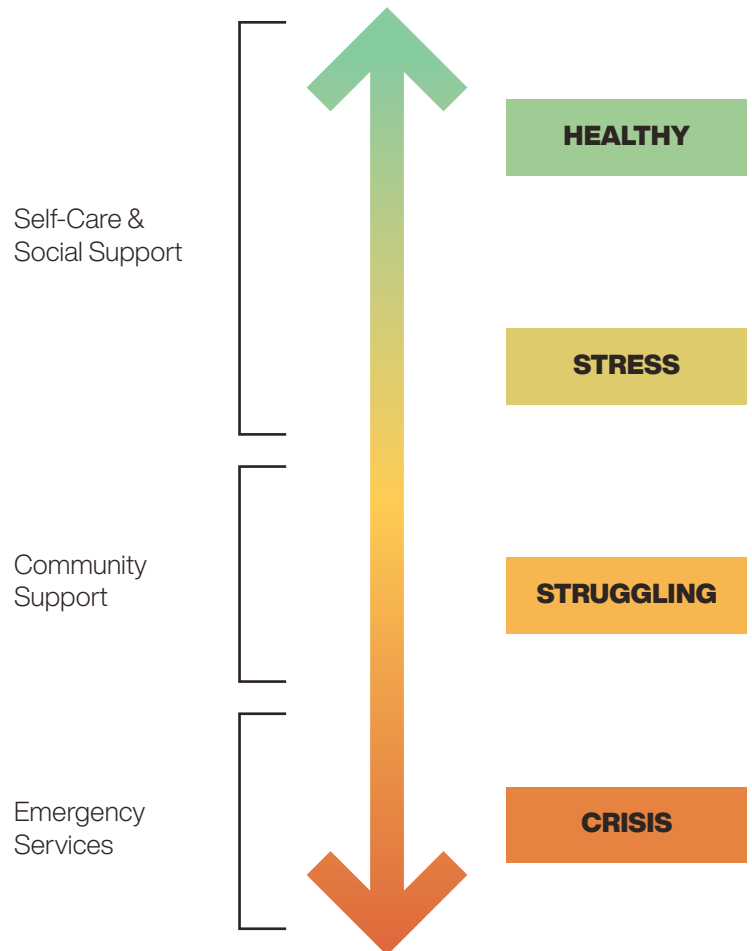
Thanks for attending this Jack Talk! Here are some questions for you to reflect on individually.

## 1. Mental health exists on a spectrum.

Mental health refers to our thoughts, feelings, and behaviours. How we're feeling can fluctuate up and down as we go through our lives.

*Where is your mental health at today? Mark it with an X.*

*Where do you tend to be on this spectrum? Circle it.*





## 2. Several factors can impact our mental health:

a) Think about factors in each area that influence your own mental health. List them in the space provided.

b) How does each factor impact you?

c) Which of the factors can you change?

## 3. Being there for others

*Check in with yourself*

How are you practicing self compassion?	What does feeling unwell look like for you?