

JOY IN THE DARKNESS



by
Tanisha Barrett

Mental health during winter

- 1 Mental health is often more difficult to manage
- 2 Winter Blues and Seasonal Affective Disorder
- 3 1 in 4 people will experience a mental health problem of some kind each year in England
- 4 The people more at risk of developing poor mental health are:
 - People who identify as LGBTIQ+
 - Black or Black British people
 - Young women aged 16-24
 - those impacted by homelessness, substance misuse and contact with the judiciary system

Barriers

Beliefs about ourselves

Fear

Lack of self knowledge

Our history

lack of autonomy

**Conditioning
/teaching around
joy and pleasure**

Money and time

**Not feeling
deserving**

**Cultural
expectations**

BUILT FOR JOY

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Safe spaces

Self compassion

Daring to dream
and imagine

Joy in the ordinary

Radical acceptance

Honesty with self
and others

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Gratitude

Connecting with
nature

Holding hope

Eating and exercising/
moving *

Boundaries

Prioritising self care