

Do you wear a mask at work?

Time required: 15 minutes (+additional time for discussion questions)



Key message:

This activity is designed to encourage people to appreciate we cannot always tell how someone is feeling by just looking at them.

Activity:

We all tell versions of our lives. Does how you appear at work differ from how you really feel? This activity is designed to help colleagues understand the mask we all wear.

On a piece of paper, ask individuals to draw an outline of a face and write on it how they'd like to be perceived at work. When they have completed this ask them to turn over and draw another face outline and this time write how they really feel.

Now, tell everyone to crumple up their paper and (if content to) put it in the middle of the table (or a container – not bin). Ask individuals to pick up a paper and read aloud to the group.

Discuss and consideration

- Do you wear a mask at work?
- What would happen if you stopped wearing the mask?
- What would encourage you to lower your mask?

Additional discussion questions (allow an additional 20-30 minutes):

- To what extent do you feel your public self-image matches your personal image?
- How can we reduce stigma about talking about mental health?

At the start of the activity it should be made clear to participants

- they are not required to disclose personal information unless they choose to,
- their participation is voluntary but recommended and,
- the session will be respectful and confidential.

At the end of the session please treat materials as confidential and dispose them appropriately.

Make sure that colleagues are aware of ThinkWell, MindKind and Mental Health First Aid support.

