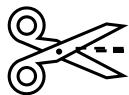
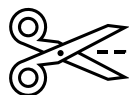


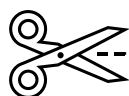
Think about some of the common stereotypes about mental illness and find different ways of looking at things. For example, one stereotype about people experiencing mental ill-health is that they are lazy. Instead of this negative stereotype, think about the different things someone might be experiencing that could lead to them feeling overwhelmed or exhausted. Often dealing with the symptoms of mental ill-health takes a lot of internal energy, making it difficult to do everyday tasks. Whilst this may be perceived as laziness from the outside, what we don't see is that an individual is doing a lot of hard work that is invisible to the outside.



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