**PATCH THIRTY EIGHT – VULNERABILITY AND SELF CARE**

Tom Evans

I am not alone…

Beyond speaking those words, I need to believe I’m not alone for these battles in the mind are invisible, but fierce, and we are fighting to lift ourselves up from them, breaking free to reclaim lost confidences and beliefs in our worth—in our purpose—in our dreams.

We are not alone…

And so I close my story with a quote — a declaration for us all — paraphrased from the poet Shane Koyczan: “We will love ourselves despite the ease with which we might lean towards the opposite”

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I chose this patch coincidentally on Bell Let’s Talk Day it is a great reminder of the struggles we all face along with our colleagues and students. Teaching and learning online is a great option during these challenging times but it certainly can be very isolating and magnifies mental health issues. I teach Human Resources Management courses and always include content, research, discussions and workplace scenarios involving mental health.

Through education, awareness and access to professional resources we can try to encourage people to be aware and how to respond if they become aware of a mental health situation. I have taken the Mental Health First Aid certification through Fanshawe College and found that be very helpful both personally and professionally. I believe this is a growing issue and awareness and support services will be even more critical in the coming years. Just as good physical health is important to our long-term quality of life so too is good mental health.

<https://www.youtube.com/watch?v=4JVI0Yzc1vU\>



https://en.wikipedia.org/wiki/File:Bell\_Let%27s\_Talk.svg