

YOU DON'T LOOK ANY DIFFERENT



This article supports the theme for May of 'Understanding our differences' on the Care first Wellbeing Calendar for 2022. As human-beings, there are lots of attributes that we share due to our biology, however it is important to be aware that each person is unique. As the saying goes, everyone is fighting their own battles. This can relate to a whole aspect of different things, which can include a person's mental health and wellbeing. This article outlines some of the ways in which people differ, with the intention to raise awareness.

EVERYONE IS LIVING THEIR OWN LIFE

A major difference between each person is the life that they currently live and the past experiences that they have gone through. Many psychologists have spoken about how past experiences can affect your life today. The experiences we are having today were likely shaped by the past events you have been through. Events in your childhood or early adulthood have shaped the way you think, act, and interact with people close to you. Unresolved traumas of the past can affect us now. Past and present issues like losing loved ones, abuse and violence may affect your family now and may impact on how you are doing now. For example, sometimes when we have our own children it can remind us of some of the really tough times we went through as children.

Many scholars believe our experiences do shape who we are and that the memories of those experiences are equally as important. A seemingly unimportant experience may simply change how you feel one day which can cause a chain reaction of how you act a certain day, and how you act that day could affect your life as a whole.

From the surface, we are unable to identify the past trauma or experiences of another person without that information being shared.

BELIEFS AND OPINIONS

In our various roles, our beliefs, values and attitudes are constantly interacting with those of our peers, friends, family or teachers. We seem to instinctively 'like' the individuals who share our core values and beliefs. Harmonising our value systems is what makes a relationship successful, be it personal, educational or professional.

Sometimes your attitudes and beliefs could lead you to assume things about people that are not right or fair, due to their beliefs differing from your own. It is important that you realise this and develop self-awareness so that you can learn to check that this does not happen. You should take the time to learn about and understand the different attitudes and beliefs of others so that you can work with individuals in a way that takes these into account.

MENTAL HEALTH

In a new survey by Rethink, the results found that of over 500 people severely affected by mental illness, an overwhelming majority of 88% said that discrimination towards people severely affected by mental illness is widespread in England.

Levels of awareness about common mental health problems have improved over the last few years, which is good news. But some people are living with severe mental illness, which is not always apparent on the surface. In fact, 1 in 4 people will experience mental health issues each year and 70- 75% of those suffering with mental health issues receive no treatment at all.

It is important to always consider the possible challenges and experiences of those around you. Although as humans, we may all share similar attributes biologically and physically, the experiences that we are exposed to can differ completely.

HOW CARE FIRST CAN HELP

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support.

Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.