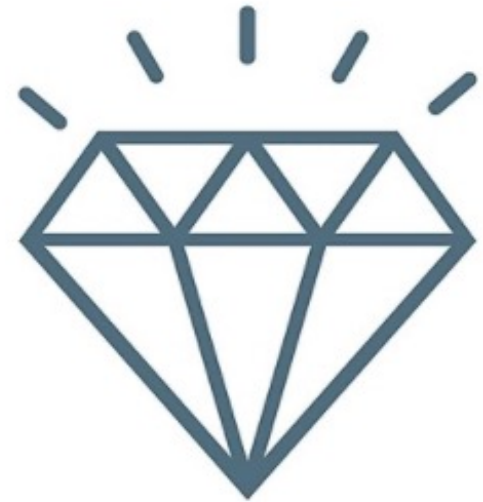


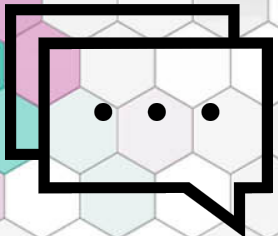
MENTAL BRILLIANCE



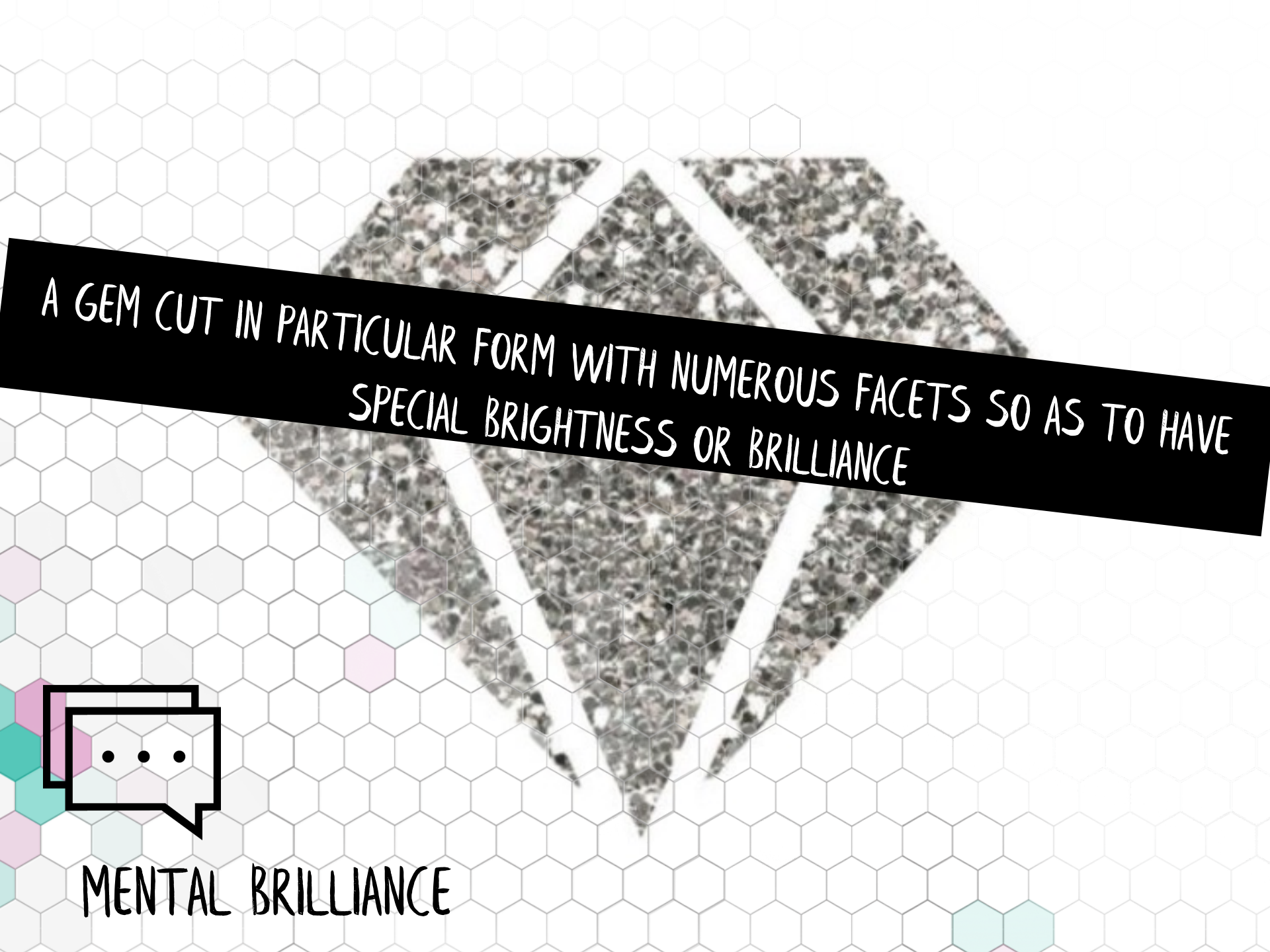
Clarety

Clare Robinson
clare@claretyinc.com
www.claretyinc.com

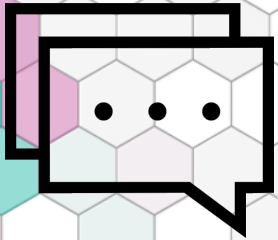




MENTAL MURKINESS



A GEM CUT IN PARTICULAR FORM WITH NUMEROUS FACETS SO AS TO HAVE
SPECIAL BRIGHTNESS OR BRILLIANCE



MENTAL BRILLIANCE

ALMOST HALF (45%) AUSTRALIANS WILL EXPERIENCE A MENTAL ILLNESS IN THEIR LIFETIME

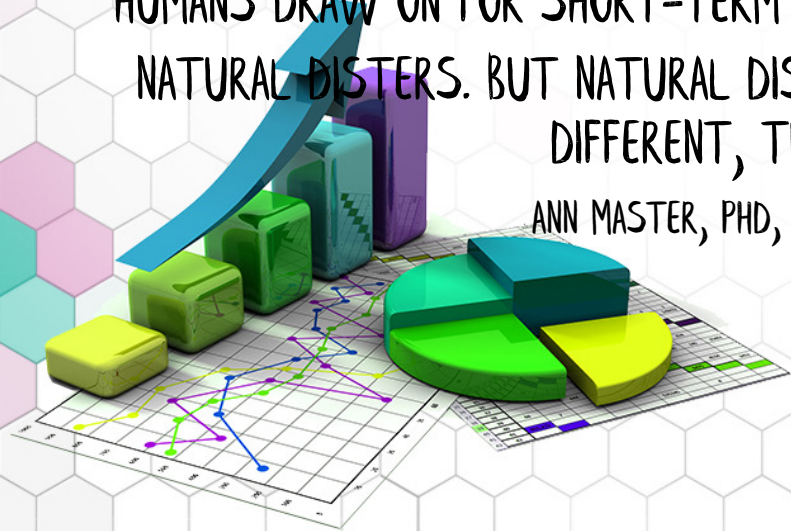
THE BLACK DOG INSTITUTE, 2019

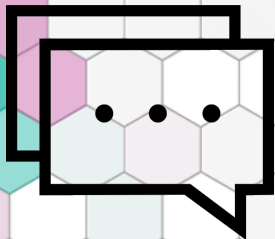
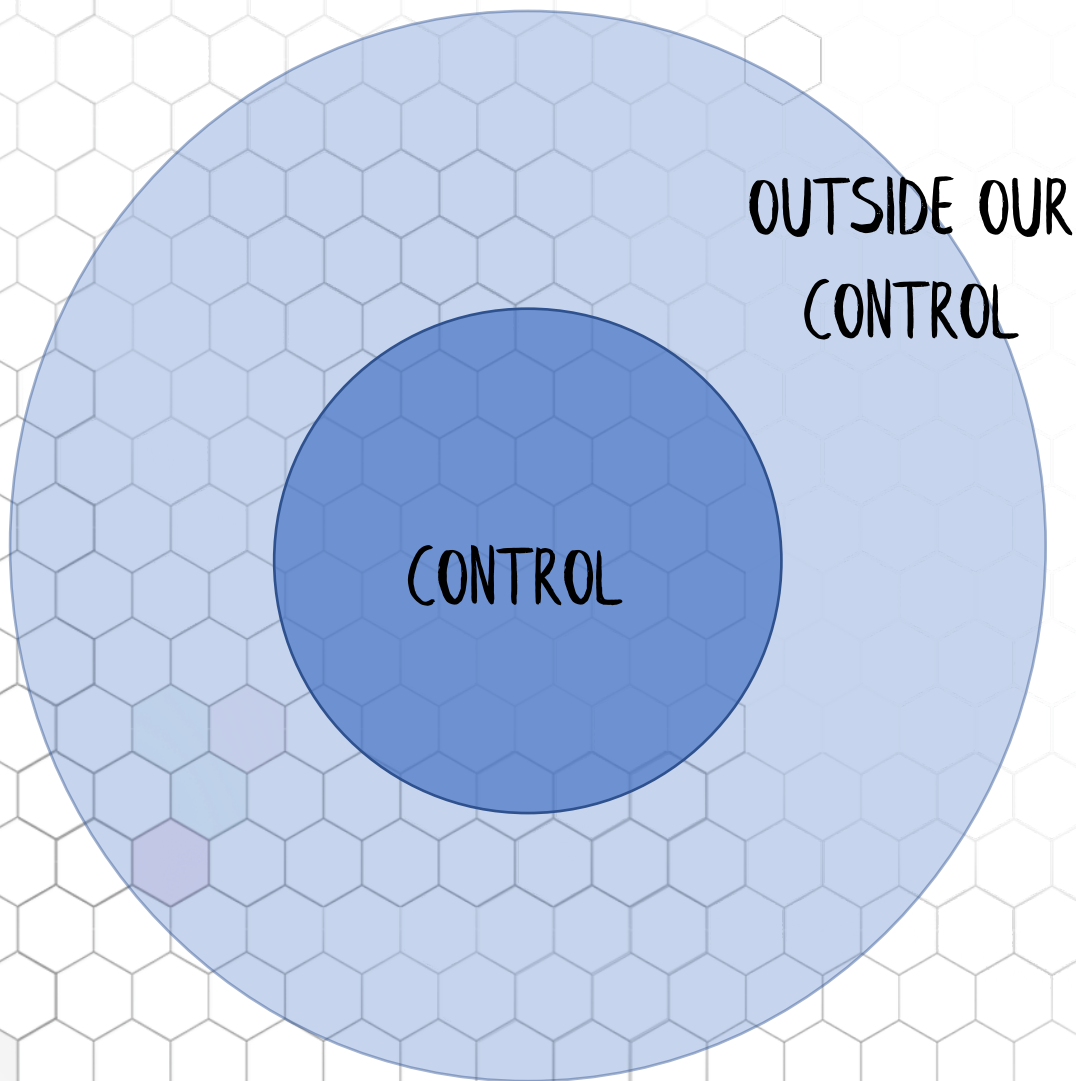
AUSTRALIANS HAVE BEEN IMPACTED BY FEAR, ANXIETY AND PANIC ABOUT CORONAVIRUS (COVID-19). FOLLOWING ON FROM THE BUSHFIRE DISASTERS OVER SUMMER, THE COMMUNITY HAS BEEN IN A HEIGHTENED STATE OF ANXIETY AND STRUGGLING TO MANAGE THE UNCERTAINTY.

THE BLACK DOG INSTITUTE, 2020

“SURGE CAPACITY IS A COLLECTION OF ADAPTIVE SYSTEMS — MENTAL AND PHYSICAL — THAT HUMANS DRAW ON FOR SHORT-TERM SURVIVAL IN ACUTELY STRESSFUL SITUATIONS, SUCH AS NATURAL DISASTERS. BUT NATURAL DISASTERS OCCURE OVER A SHORT PERIOD, PANDEMICS ARE DIFFERENT, THEY STRETCH OUT INDEFINITELY”

ANN MASTER, PHD, PSYCHOLOGIST, PROFESSOR UNI OF MINNESOTA





CIA - FOCUS ON WHAT YOU CAN CONTROL

PAYING ATTENTION, ON PURPOSE, IN THE PRESENT MOMENT, NON-
JUDGEMENTALLY

JON KABAT ZINN

MINDFULNESS





STOP, INTERRUPT YOUR THOUGHTS

TAKE A BREATH OR TWO OR THREE

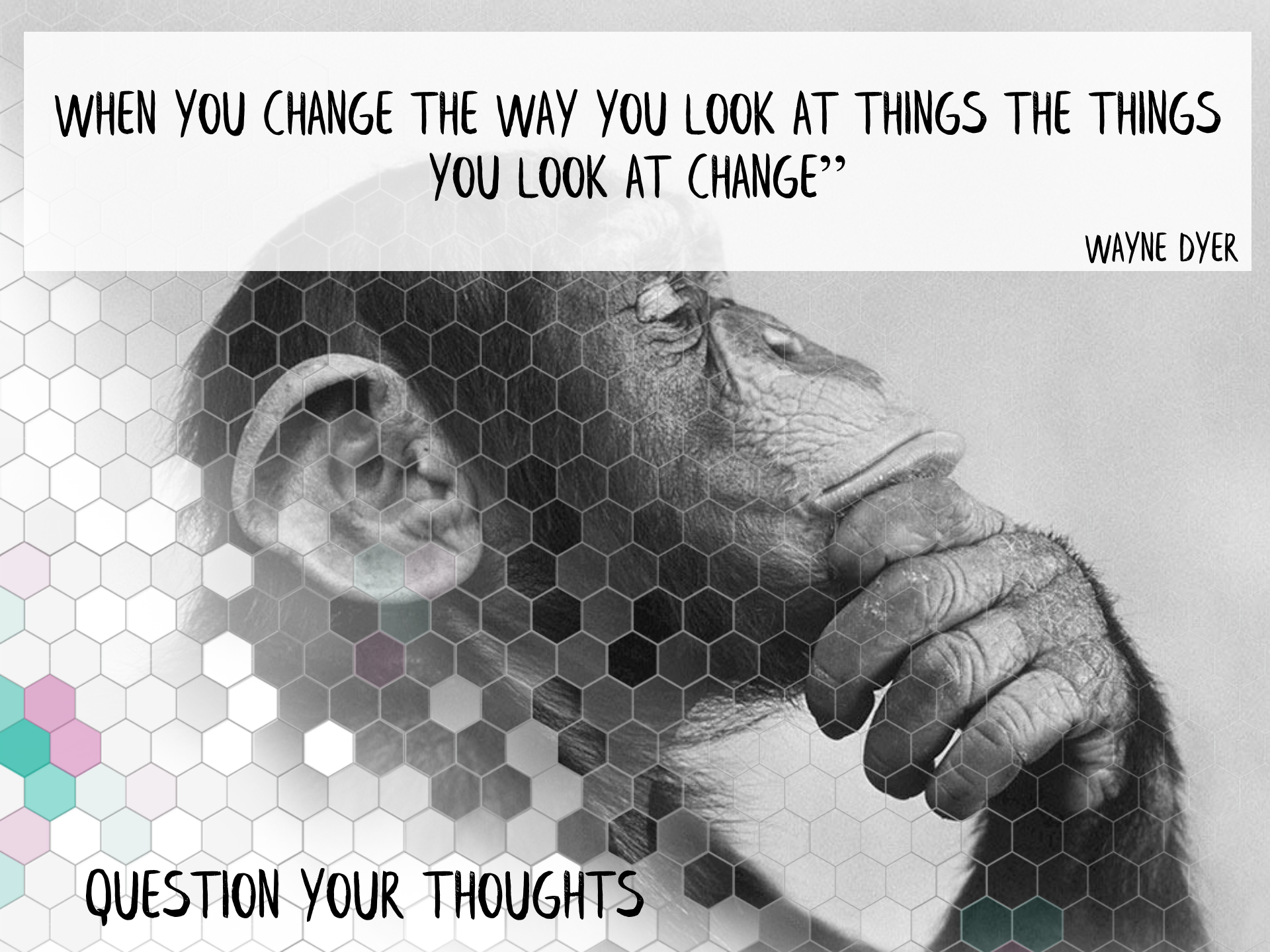
OBERVE WHAT IS HAPPENING AROUND YOU AND INSIDE YOU

PROCEED AND RECONNECT WITH SURROUNDINGS

WHEN YOU CHANGE THE WAY YOU LOOK AT THINGS THE THINGS
YOU LOOK AT CHANGE”

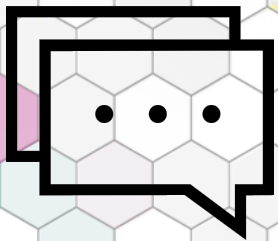
WAYNE DYER

QUESTION YOUR THOUGHTS




A hand holding a green pencil is positioned over a blank sheet of white paper. The background is a light-colored surface with a repeating hexagonal pattern. In the upper left, there is a bouquet of white flowers with green leaves. In the upper right, there is a yellow circular object and a white object. The text is centered in the middle of the image.

IT'S NOT HAPPY PEOPLE WHO ARE THANKFUL
IT'S THANKFUL PEOPLE WHO ARE HAPPY



PRACTICE GRATITUDE

- 
- A close-up photograph of a woman's hands clasped together. She is wearing a silver ring on her ring finger. The background is a soft-focus image of her hair and skin. A semi-transparent white rectangular box is overlaid in the center, containing a list of three points. The entire image is overlaid with a hexagonal pattern of varying shades of gray, white, and light colors.
1. SELF KINDNESS VS SELF JUDGEMENT
 2. COMMON HUMANITY VS COMMON ISOLATION
 3. MINDFULNESS VS OVER IDENTIFICATION

SELF COMPASSION

THANK YOU



Clarety

www.claretyinc.com

clare@claretyinc.com

www.linkedin.com/in/robinsonclare/