REDEFINING ILLNESS: WEAKNESS OR STRENGTH?

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"I am terrified by this dark thing that sleeps in me."

-Sylvia Plath
Fear of Crisis
Hypervigilance to Symptoms
Management of Identity
Mistrust of Perception

Wellbeing Anxiety
FEAR OF CRISIS

CRISIS
A time of danger;

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A time of opportunity;

机
HYPERVIGILANCE TO SYMPTOMS
After going through a prolonged and intense existential crisis, bear was feeling a lot more confident about who he was.

Identity crisis.
MISTRUST OF PERCEPTION
Awareness and acceptance of the potential for Crisis being part of human development

Experiences (symptoms) are internal communications: indications for action

Acceptance that Identity is a discovery not a given “fixed” knowing

Acceptance of the fallibility of all human’s perception

WELLBEING ACCEPTANCE
WEAKNESS OR STRENGTH

If we are to accept these four concepts as truths or even just parts of the puzzle ... is it possible for us to transform our understanding of our experiences from weakness or vulnerability to ...

Strength
Opportunity
Education
Cornerstone of OUR human development

In fact necessary for us, in our individual circumstance, to become all that we can be.

The required cocoon metamorphosing the caterpillar to butterfly.
Weeds are flowers too,
once you get to know them.
A.A. Milne