

# time to change

let's end mental health discrimination

## Am I reeaally fine?



5 minutes

### Key message:

We get asked how we are, countless times by people, strangers, close ones, acquaintances alike. Our response is often a polite, I'm fine thank you how are you? We often respond in this way even if we are feeling anything but fine! This is a habit that hides how we truly are and can stop a conversation before it starts.

### Activity:

This activity is as simple as it is daring as it involves breaking away from one of our ingrained habit of telling others we are 'fine' when we are not.

Whenever anyone acknowledges you by asking how are you? Instead of politely replying, 'I'm fine', politely reply how you truly are. If you are feeling fine then see if you can reply in another way that says you are fine without using the words 'I'm fine'. Notice how the other person reacts. Then invite them to share by asking them how they are.

(You can scale this activity to suit the person you are responding to, for example if it's a person on the bus, then respond in any way that feels real to you without it being too revealing and does not involve the words 'I'm fine')

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