

Do you wear a mask at work?



15 minutes

Key message:

We cannot tell how someone is by just looking at them.

Note: people should not be asked to disclose personal information unless they choose to. This includes not being forced to share their written work.

Activity:

We all tell versions of our lives. Does how you appear at work differ from how you really feel? This activity is designed to help colleagues understand the mask we all wear and discuss how you can bring your true self to work.

Using the mask handout, on the front, ask individuals to write how they'd like to be perceived at work. On the back of the mask, ask individuals to write how they really feel.

Now, tell everyone to crumple up their mask and (if content to) throw it at the person opposite them.

Ask individuals to pick up a crumpled mask and unfold it. Read aloud as a group.

Discussion questions:

- To what extent do you feel your public self-image matches your personal image?
- Do you wear a mask at work? What would happen if you stopped wearing the mask? What would encourage you to lower your mask?
- How can we reduce stigma about talking about mental health?

Make sure that colleagues are told who they can talk to, how and where they can access help and support.

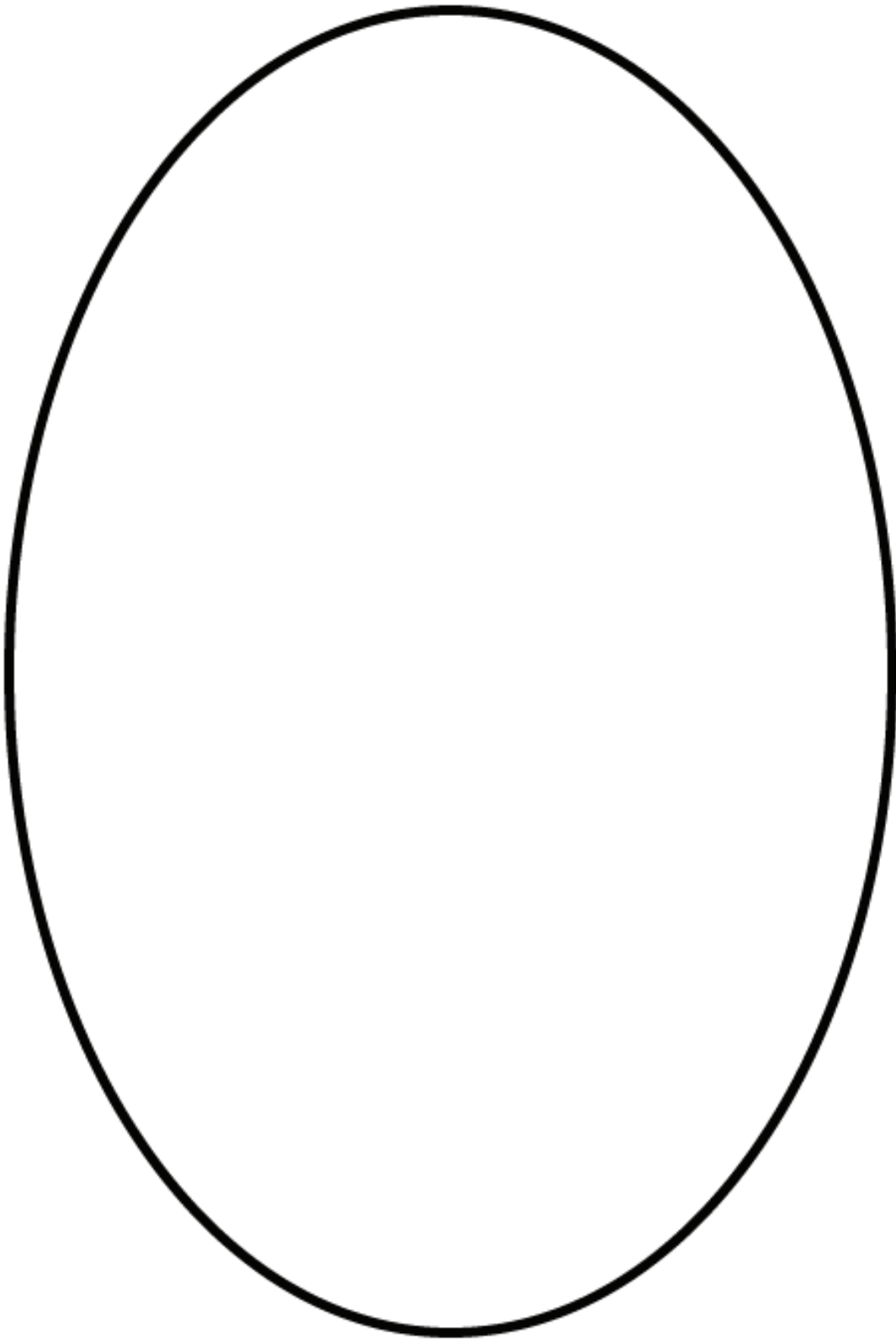
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time to change

let's end mental health discrimination