



## Fix Your Face... (Well, Kinda)

*Intro this with a bit on vulnerability. Your own. Its importance. How it's relevant to them.*

Do we know or have a general idea of who the Dalai Lama is? (spiritual leader of Tibetan Buddhism; in exile in India by the Chinese gov for 60 years). (I'm not Buddhist) and many people who pay attention to him are not, but he is generally regarded as a pretty positive and wise person. Has anyone ever heard his quote: "take into account that **great love and great achievements involve great risk?**"

### **Can anyone speak on what that might mean?**

It takes a great deal of courage to pursue a goal, go all in, put your heart and soul into something; and not know whether or not it will be successful. Similarly, with perhaps a romantic love. You give, you share parts of yourself no one else has ever seen before. You don't know if in the long run, whether or not this love will continue to be reciprocated or if that person will lose their faculties or even die. The same can even be said about our personal interactions, friendships and family and inner circle.

### **What do all of these have in common?**

The risk you take requires you to be vulnerable. I didn't say weak. Vulnerability means you can be exposed to attack to a wound to be shot down. That doesn't mean it will happen. But it's a risk isn't it? **Transition.**

*Purpose: To cultivate the idea that one cannot tell how someone is or what they're dealing with, just by looking at them. Additionally, this exercise is to be used to cultivate vulnerability.*

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Ask attendees: While on campus, do you wear a disguise, a mask, or a costume that hides who you really are?

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

We all show different versions of ourselves depending on who we're talking to, where we are, and how safe we feel. Does how you appear on campus differ from how you really feel?

**Instruct group:** Using a blank sheet of paper, draw an oval or circle that represents a blank face. Write how you'd like to be perceived on campus or in your personal life. On the back of the paper, write how you actually feel.

Next, tell everyone to crumple up their paper and toss it toward the front of the class. Each attendee will then pick up a crumpled paper (not their own) and unfold it. Read several aloud as a group.

Discussion prompts/questions:

- To what extent do you feel your image while in public matches how you feel about yourself?
- Do you wear a mask or disguise while on campus?
- What would happen if you stopped wearing the mask or disguise?
- What would encourage you to show a little more of your truest self?
- How can we reduce stigma about talking about mental health or mental health conditions? How can we reduce stigma around men seeking help when needed?