



# Men: It's Okay to Talk (& Other Ways to Process Difficult Stuff)

Presented by Steve Heath  
Co-Founder & Director  
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# Steve Heath

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# Session Objectives



## Expect to learn:

- A deeper understanding of the barriers to connection for men
- Some helpful ways to support men who are struggling
- Insight into new ways to process difficult stuff





**What's one thing that  
always makes you feel  
a bit better when you're  
having a rough day?**





**Societal  
Expectations**

**Personal  
Inhibitions**

**Cultural  
Norms**






Active  
Listening

Safe Spaces  
for Expression

Recognising  
Signs of Distress





Physical  
Exercise

Mindfulness  
& Meditation

Creative  
Expression

Journalling





**What's one action you  
commit to taking  
based on what we've  
learned today?**





# Any Questions?

Please feel free, this is a safe space 😊







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