

**CURIOUS WILD WOMEN**

# **GROWING GOOD MENTAL HEALTH**

**Is it working?**

**Nancy Buck, Ellen Gelinas, Kathy Curtiss**

# BACK IN THE DAY...

**Physical, Dental and Mental Health  
were defined by illness.**



# AS WE LEARNED, WE SHIFTED

Physical Health and Dental Health were simply defined by the absence of symptoms ...meaning the absence of disease.



Mental Illness changed it's name to Mental Health, and was still defined by the presence of symptoms.

# THE ULTIMATE SHIFT

**We learned to take personal actions and responsibility for our health**

**DENTAL HEALTH**

**PHYSICAL HEALTH**

**mental illness - - - > - - - mental health - - - > - - - mental illness**



FOR OVER

**50 YEARS**

Choice Theory has spread through trainings, books and a variety of other means.

**IN**

**Dozens of countries around the world**



# FOR OVER TWO YEARS...

**The Pandemic has impacted the world and the lives of our Choice Theory community in many ways, personally and professionally.**



**THIS CONFLUENCE OF EVENTS**

**CREATES A GOLDEN OPPORTUNITY**

# QUALITATIVE RESEARCH PROJECT

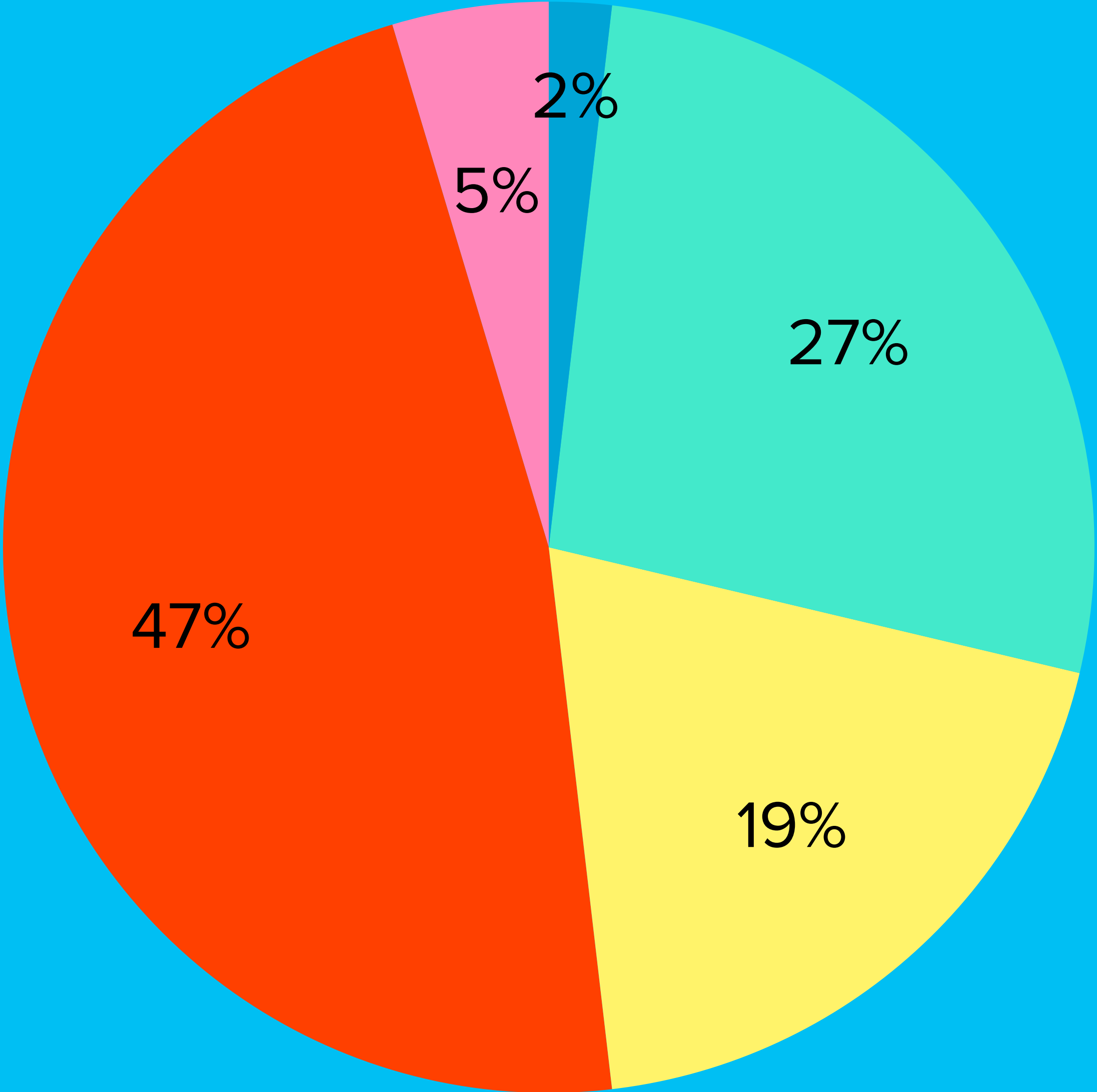
**WE'VE ASKED A BIG QUESTION**

**IS OUR KNOWLEDGE AND PRACTICE OF CHOICE THEORY  
HELPFUL IN GRAPPLING WITH THE IMPACT THIS VIRUS HAS  
ON OUR LIVES?**

**WE CREATED A SURVEY TO GATHER THE DATA TO ANSWER THAT QUESTION  
IS CHOICE THEORY HELPING US TO GROW GOOD MENTAL HEALTH?**

# SO FAR...125 VOICES

- Nearly half are between 66 and 80 years old
- 19% 51 to 65 years old
- 27% 36 to 50 years old



## FROM SEVERAL COUNTRIES

- **United States**
- **Canada**
- **Japan**
- **Bosnia/Herzegovina**
- **New Zealand**
- **Slovenia**
- **Hrvatska**
- **South Africa**
- **Australia**
- **Columbia**
- **United Kingdom**



# TIME WITH CHOICE THEORY KNOWLEDGE AND SKILLS

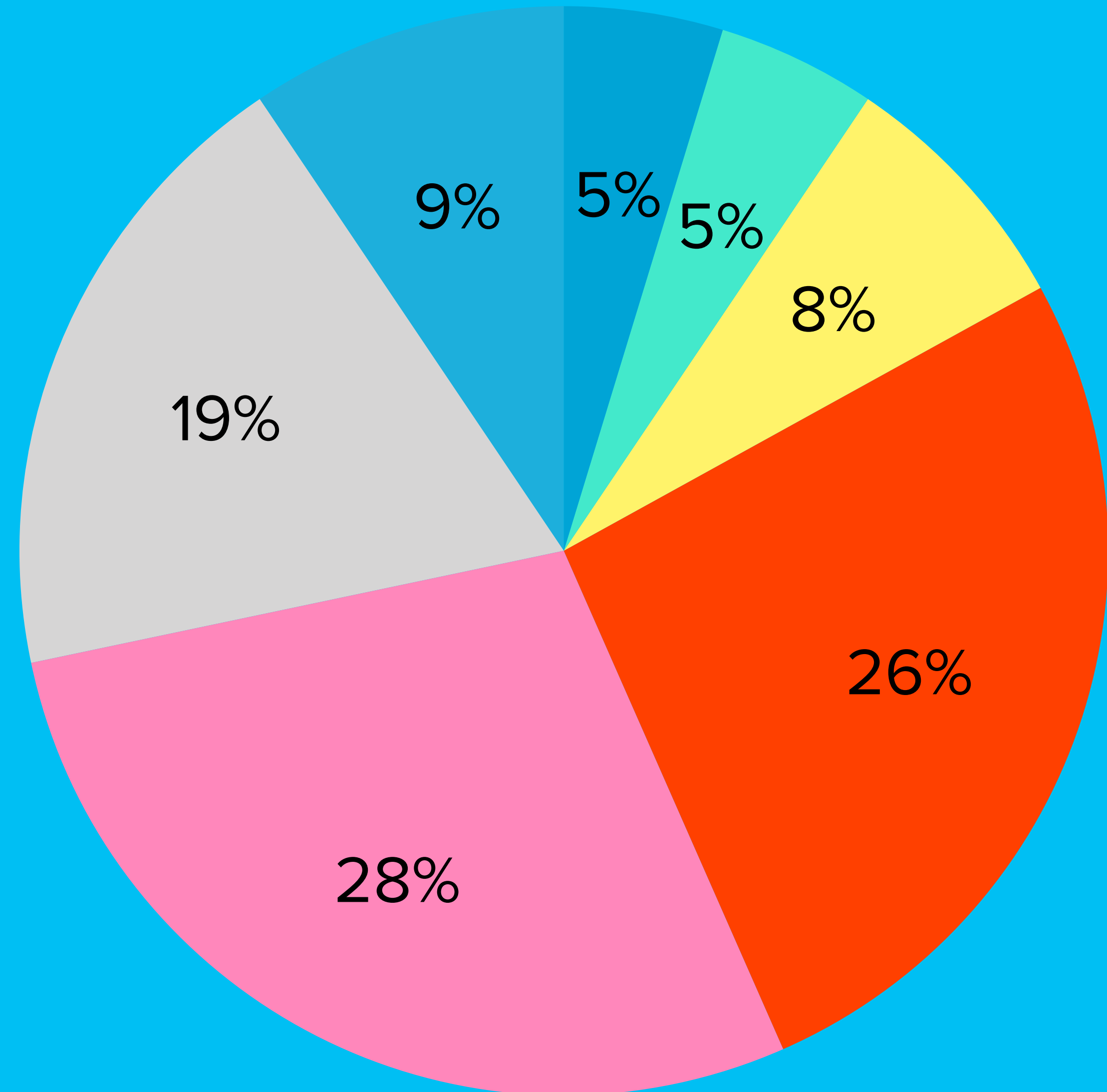
Ranges from up to 2 years, to 40 years or more.

**26%** for 11-20 years

**28%** for 21-30 years

**19%** for 31-40 years

**9%** for more than 40 years



85%

**FIND CHOICE THEORY HIGHLY VALUABLE TO THEIR MENTAL HEALTH**



**The 125 voices have shared some amazing stories and most have given their names and emails to stay connected and informed...**



# Mary Catherine From New Zealand

**Choice Theory knowledge gives me a foundation of self understanding so that when I'm feeling "off" or unpleasant, I know there are things I can do. I know I'm an internal system, so turning my attention inward directs me to the answers.**

# Ryan From Canada

**Being mindful and using reflection or being challenged by others to see where my blinders are has been helpful as I move beyond anxiety and towards living a life full of intentionality.**

# Tom From Slovenia

**Covid has turned out to be a great time of growth for me personally as I had more time for introspection. Choice Theory has been a great help to structure my thinking.**

# **WILLIAM GLASSER INTERNATIONAL**

**Australia, Bahrain, Canada, Columbia, France, India,  
Iran, Ireland, Japan, Korea, Kuwait, New Zealand, North  
Africa, Philippines, Saudi Arabia, Singapore, South  
Africa, Turkey, United Arab Emirates, United Kingdom,  
United States...and more!**

**TOGETHER WE CAN CONTINUE TO COLLECT THE DATA  
TO SHARE WITH THE WORLD**



**WE ARE GROWING GOOD MENTAL HEALTH!**

**CURIOUS WILD WOMEN**

# **GROWING GOOD MENTAL HEALTH**

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**[www.growinggoodmentalhealth.com](http://www.growinggoodmentalhealth.com)**