

our lives on the spectrum

MENTAL HEALTH AND THE FALLACY
OF BALANCE







PAKSAVE MINI



MITRE 10





HOROWHENUA COLLEGE





Stev
Home &









PREPLIST SNACKS

DAY: **WED**
 GUESTCOUNT: **29**
 ATTENTIONS:
 4 x 2
 1 x 3
 1 x 4
 1 x 14 (6, 8)

RESTRICTIONS:
 2 x G.F.
 (diff table)
 2 x Pesc.
 (same table)



NOTES:
 1. 30 pm Clean Down.
 2. 30 pm Lunch

PUMPKIN

- * PUMPKIN LEAVES
- * PUMPKIN PURE
- * PUMPKIN SKIN MILK
- * COOK PUMPKIN CUSTARD → make for week.
- REDUCE WHEY
- FINISH SAUCE
- * DRIED APPLE FOR DUSTING
- LEAVES → Bund from downstairs

CELERIAC TEA

- REDUCED CELERIAC JUICE
- VERBENA OIL

BREAD SERVING

- CULTURE CREAM
- WHIP MISO BUTTER
- WHIP CULTURED BUTTER

QUENIE SCALLOP

- * ICE BOWL - 6.
- SEAWEED
- CLEAN SCALLOPS
- SLICE SCALLOPS
- SEAWEED OIL
- * SEAWEED MAYO
- TAGHETTE GEL

LOMPER

- PUNCHED LOMPER
- * STEAMED CRAB
- * MAYONAISE
- 2% NAVÉS
- * CHOPPED DILL
- * OXALIS
- * Mash Potato

OYSTER

- DILL OIL
- * OYSTER GEL
- OYSTER EMULSION
- MUSSELSTOCK
- MUSSELCREAM

Staff Lunch:

- Reduce Tomato in Chili
- Caramelise Onions → Spice
- Roast tomato - Paprika

*
 Spice

↓
 Brack.

- 0:1, Lemon, Pepper, Parsley, Chili flakes.
- Bake Bread.



MY FALSE PERSONA'S

SCHOOL

CHURCH

HOME



MY FALLACY OF BALANCE

CHEF



PARTNER



FAMILY
MEMBER



FRIEND



EXERCISE
LEARNING
CREATIVITY
SOCIAL
SPORTY

MENTAL HEALTH IS OUR
EMOTIONAL, PSYCHOLOGICAL, AND
SOCIAL WELLBEING.

MENTAL HEALTH DISTRESS IS **SUSTAINED**
PRESSURE ON OUR INDIVIDUAL
WEAKNESSES

MENTAL HEALTH IS AN OPEN ENDED SPECTRUM

FALLACY ONE:

SEARCHING FOR A POINT OF EQUILIBRIUM

REMEDY

ONE:

WE AIM IN A DIRECTION RATHER THAN FOR A
DESTINATION

REMEDY

ONE.
HOP

WE AIM IN A DIRECTION RATHER THAN FOR A

DESTINATION

E

FALLACY TWO:

CERTAIN ACTIONS AND ACTIVITIES BRING US
CLOSER TO BALANCE

REMEDY

TWO:

LIVING OUT YOUR PURPOSE BRINGS FULFILLMENT

REMEDY

TWO

PURPOSES

LIVING OUT YOUR PURPOSE BRINGS FULFILLMENT

E

FALLACY THREE:

BALANCE IS ACHIEVED AS THE RESULT OF MY
ACTIONS

REMEDY

THREE:

ACTION WITHIN A SUPPORTIVE COMMUNITY IS THE
STRONGEST BUFFER TO POOR MENTAL HEALTH

REMEDY

THREE:

COMMUNITY

ACTION WITHIN A SUPPORTIVE COMMUNITY IS THE
STRONGEST BUFFER TO POOR MENTAL HEALTH

HOP

ASK FOR

HELP

OFFER HELP

E

PURPOSE

DEFINE WHO YOU WANT TO BE AND WHAT YOU WANT TO BE
KNOWN FOR

SET GOALS (BOTH LONG AND SHORT TERM)

IDENTIFY YOUR ROLE MODELS

COMMUNIT

IDENTIFY YOUR SOLID BASE

PRE-PLAN HOW TO BE VULNERABLE

BE A SUPPORTER TO THOSE IN YOUR
BASE





Helmet