



Clarena
Tobon
Collective

OUR MENTAL HEALTH

CLARENA TOBON



Who Am I....

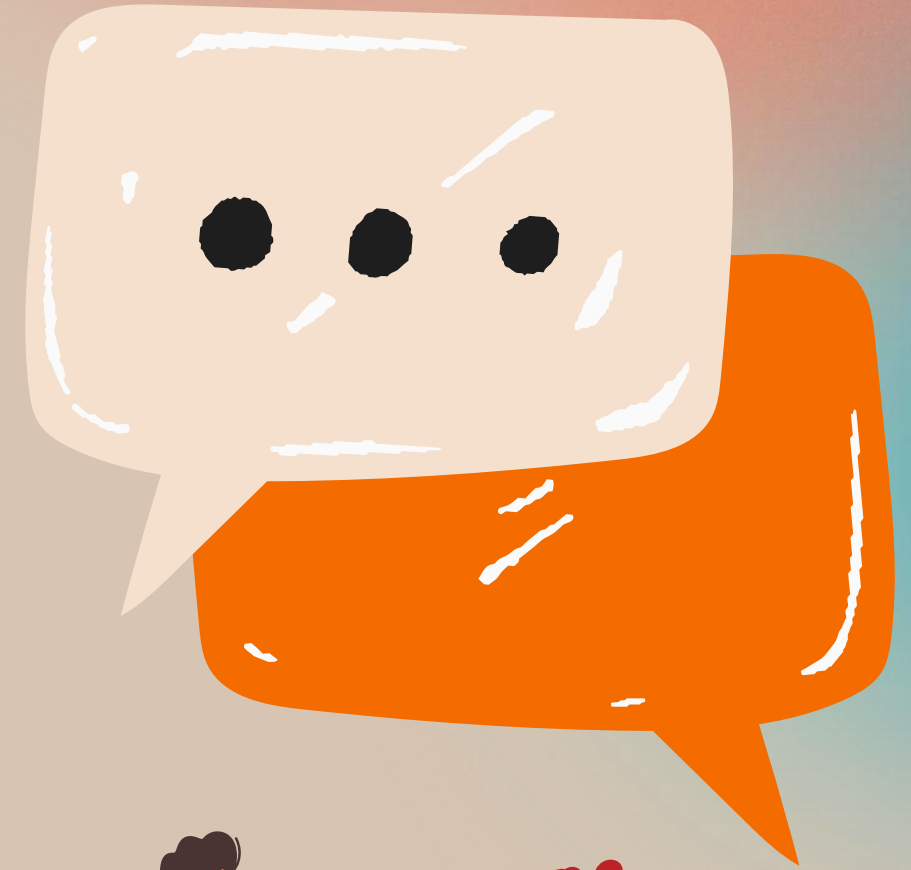
- Immigrant / Colombiana
- CFO (Chief Family Officer)
- Mental Health Advocate
- Speaker/Facilitator
- Grief Life Coach
- Survivor of suicide loss

Who I am NOT....

- Licensed Practitioner
- Billioner....yet

WELCOME! THIS IS A CONVERSATION NOT A PRESENTATION

- **A space to share:** Today we are not here to give a class, but to open an honest conversation about mental health and well-being.
- **We are here to listen to each other:** This moment is about connecting, sharing, and learning from our personal experiences.
- **Thank you for being here:** Your presence means so much. Today we are planting seeds of self-care and community.



**WHAT DOES
MENTAL HEALTH
MEAN TO YOU AS
A SURVIVOR?**

MENTAL HEALTH VS. MENTAL ILLNESS



Mental Health

The state of well-being in which a person is able to face the normal stressors of life, work productively, and contribute to society.



Mental Illness

A mental health diagnosis that impacts a person's mood, thoughts, actions, and behaviors. It can affect a person's ability to function in daily life.

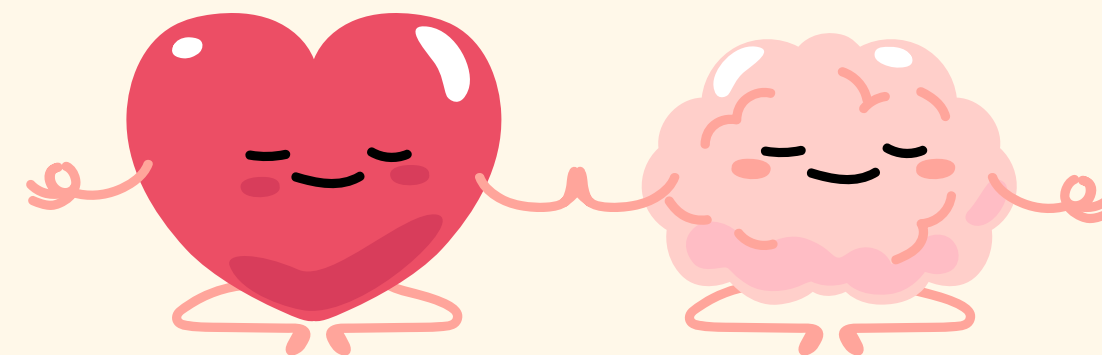
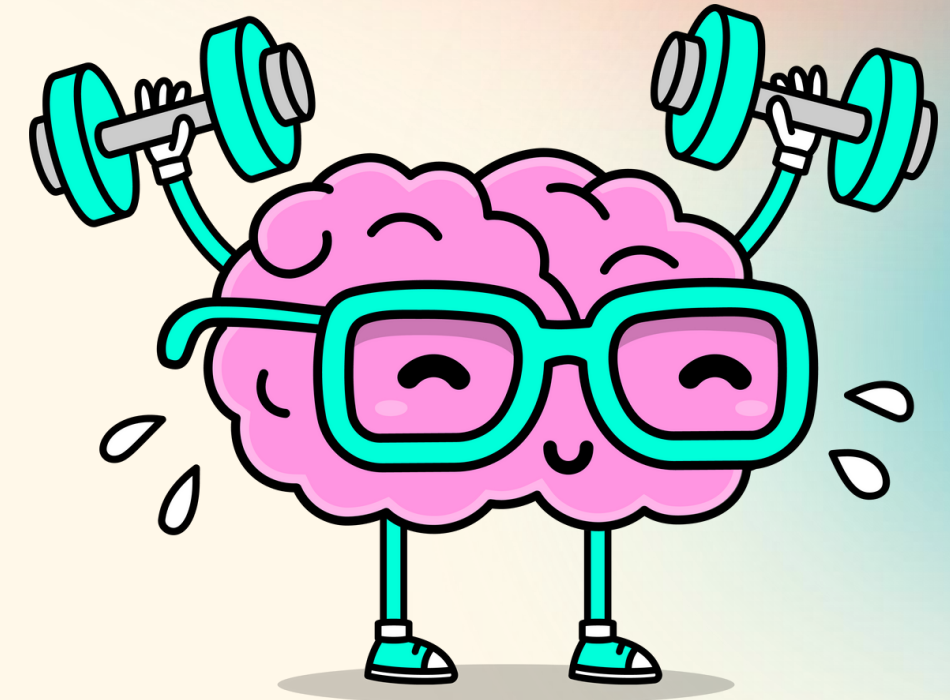
MENTAL HEALTH IS PHYSICAL HEALTH

Mental health conditions ARE:

- Medical illnesses that change the way people think, feel, and act
 - Something common and treatable
-
- **Mental health conditions are NOT:**
 - Anyone's fault or something to be ashamed of



HOW DO YOU TAKE CARE OF YOUR MENTAL HEALTH?



THOUGHTS VS. EMOTIONS

Thoughts:

- Mental interpretations or beliefs
- Shaped by logic, experiences, and perspective
- Example: **"I might fail this presentation."**

Emotions:

- Feelings that arise in the body and mind
- Often triggered by thoughts or external events
- Example: **Feeling anxious or nervous before presenting**

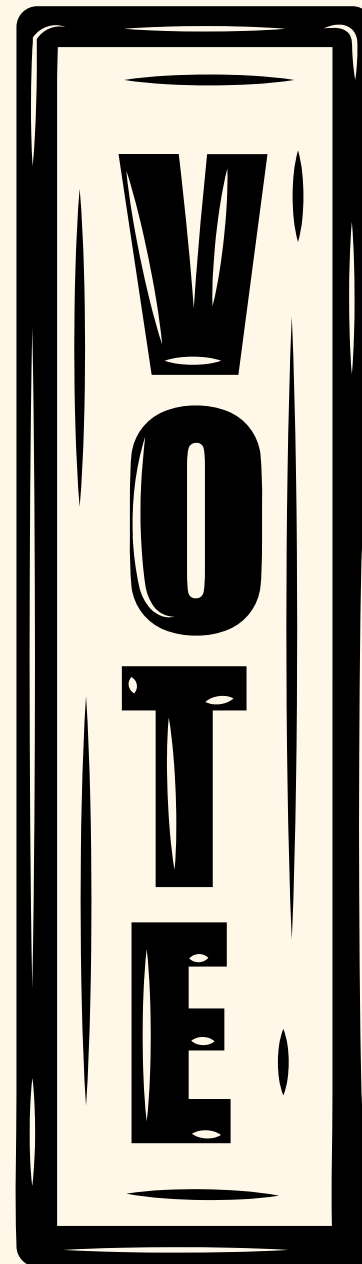


ACTIVITY TIME



Conversation Card Game

A conversation card game where you ask questions and discover more about one another.



Connection in Rhythm

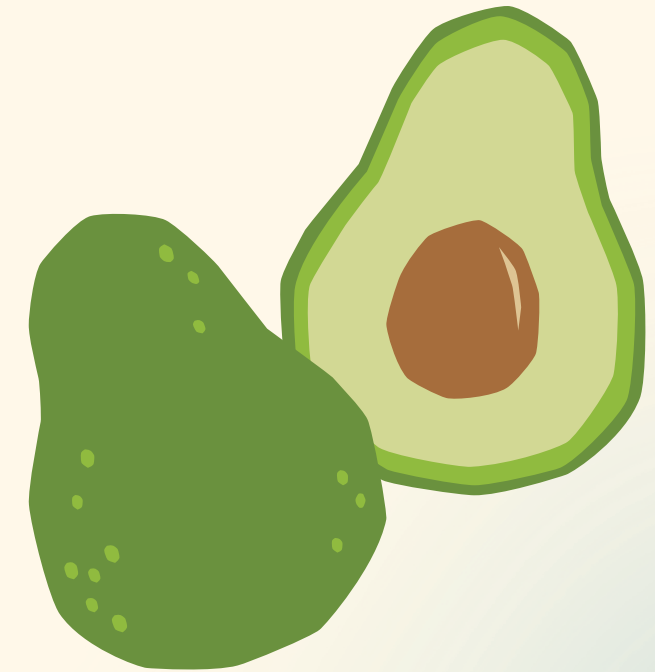
This is a group activity that involves moving around the room, meeting new people and working together to find connection.

CONNECTION IN RHYTHM



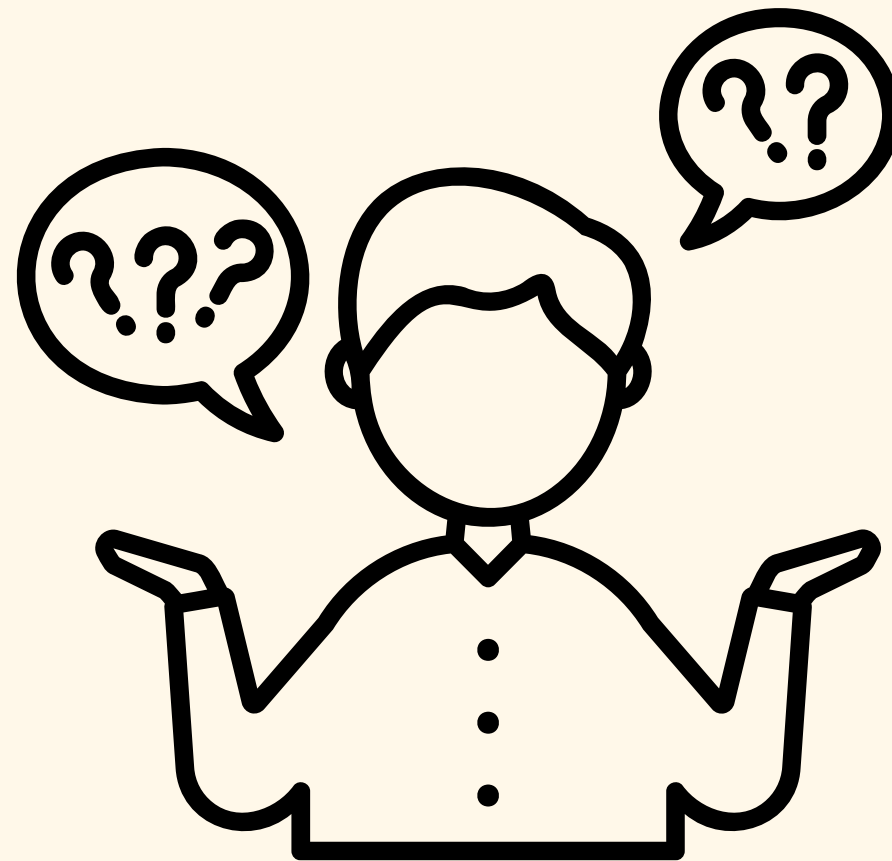
- **Choose your connection – On the next slides, you'll see options. Pick the one you connect with most or come up with your own.**
- **Find your people – Walk around and find others who share your choice (or something close). Form a group together.**
- **Name your group – As a team, come up with a fun group name.**
- **Share it out – You can either say your group name out loud or perform it with some creativity!**

CONNECTION IN RHYTHM



REFLECTION/ Q & A

How did this activity make you feel?



Finding connection in community reminds us that we are not alone—together we share strength, healing, and hope.

**THANK YOU FOR SHARING SPACE AND TIME
WITH ME**



Connect with me at: clarena.tobong@gmail.com

Connect with me at: <https://www.linkedin.com/in/clarenat/>