



Beyond the Smile: Unmasking Silent Struggles



TRIGGER WARNING



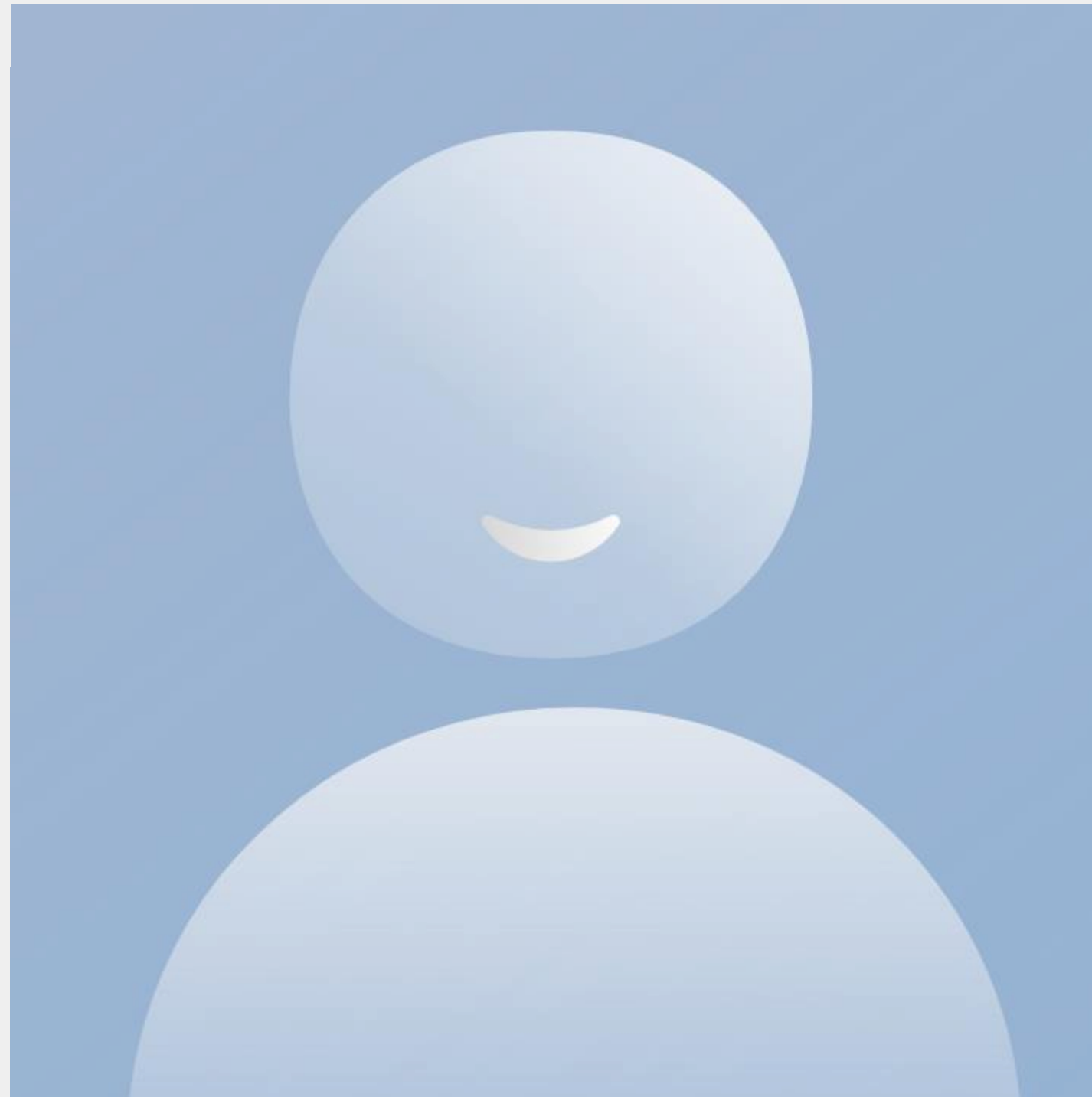
Today's subject material will include open discussion of **mental health, hidden distress, and suicide**.

We know these are heavy topics. Please know:

- You are free to **step away at any time** if the content feels overwhelming.
- Take breaks, switch off your camera, or simply pause if you need to.
- At the end, we will share a list of **support resources and helplines**.



HOW MANY OF YOU...



RAISE YOUR HANDS 

...HAVE EVER PUT ON A SMILE WHILE FEELING
SOMETHING VERY DIFFERENT INSIDE?

...BELIEVE WE ALL NEED SPACES WHERE IT'S SAFE TO
DROP THE MASK AND BE REAL?

...HAVE NEVER PUT ON A FAKE SMILE OR DON'T
BELIEVE WE NEED SAFE SPACES TO DROP THE MASK

ABOUT US

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.



International Wellbeing Insights is the research and consultancy arm of The Stress Management Society. Our vision is to create a **happier, healthier** and more **resilient** world.

THIS SESSION IS BEING RECORDED...

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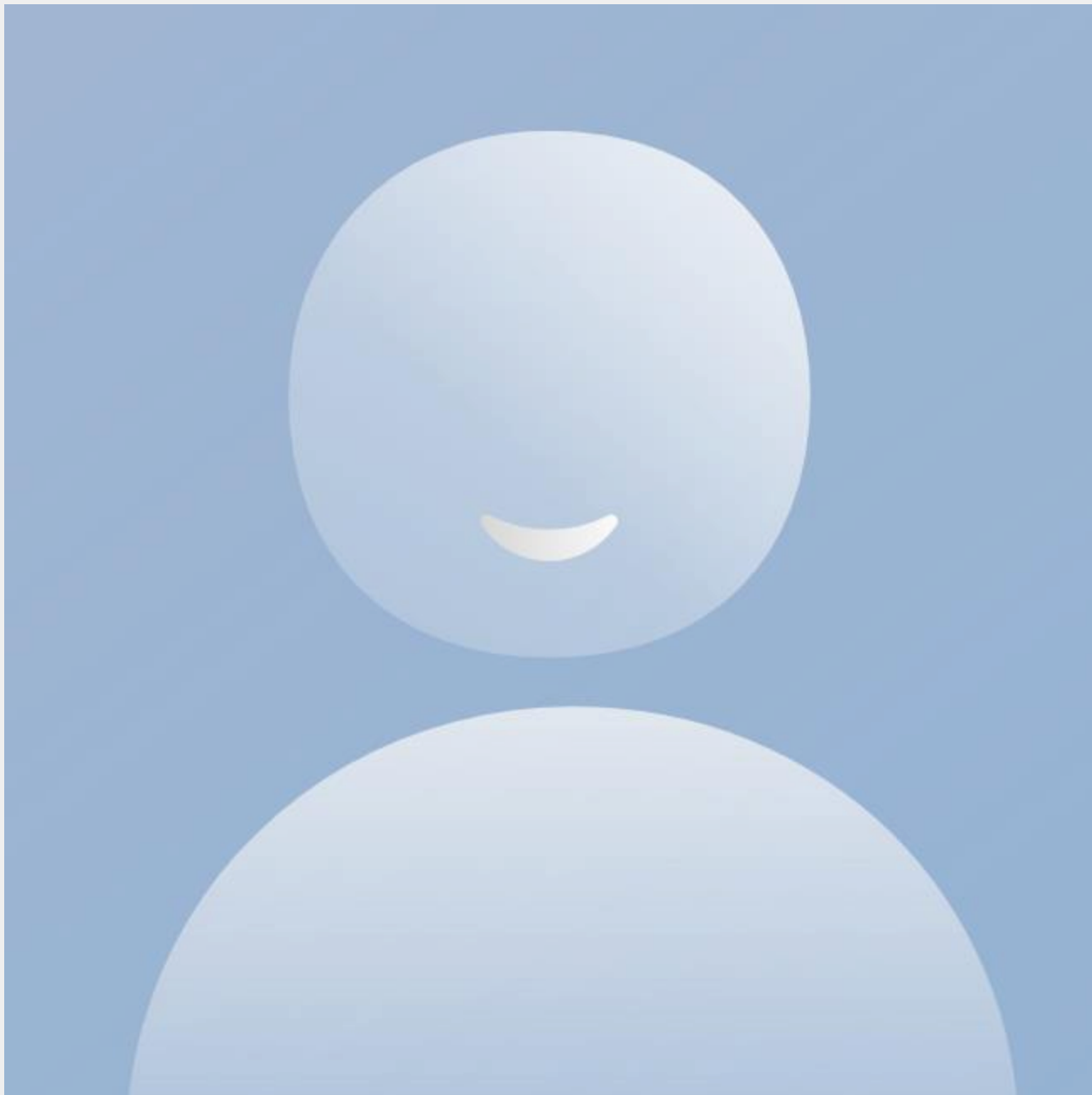
RECORDING IN PROGRESS

*THIS SESSION IS BEING RECORDED AND WILL BE
AVAILABLE AFTER THE EVENT AT*

 www.stress.org.uk/public



DONATE TO STRESS MANAGEMENT SOCIETY



Donate to
The Stress Management Society 



We absolutely love providing these
webinars and resources to you and your
support means the world to us!

HOW TO USE THE WORKSHOP



CAMERAS ON PLEASE – THIS IS NOT A LECTURE; THIS IS AN INTERACTIVE WORKSHOP. THE CONTENT HAS BEEN WRITTEN TO MOVE ON WHEN YOU PARTICIPATE.



QUESTIONS WILL BE ASKED THROUGHOUT THE SESSION, PLEASE GET INVOLVED ON THE MICROPHONE AND THE CHAT SECTION. THIS IS NOT THE FACILITATOR'S SESSION, IT'S EVERYONE'S SESSION! PUT YOUR HAND UP OR MAKE A REQUEST TO SHARE ON THE MIC USING THE CHAT.

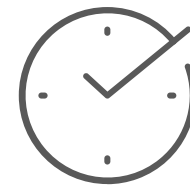


THERE WILL BE OPPORTUNITIES TO PARTICIPATE – SO... WE NEED TO HEAR FROM YOU!



PLEASE FEEL FREE TO ASK QUESTIONS, SHARE EXPERIENCES, DISAGREE, SEEK CLARIFICATION, TELL ME TO SLOW DOWN - WHATEVER YOU NEED AT ANY TIME.

GROUND RULES: CREATING A TRUSTED SPACE



BE ON TIME



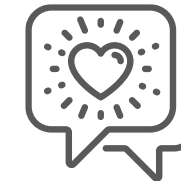
BE HERE NOW



HONESTY & RESPECT



PARTICIPATION:
WHAT YOU PUT IN IS WHAT YOU GET



USING 'I...' STATEMENTS



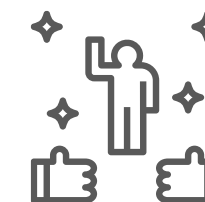
CONFIDENTIALITY



SAFEGUARDING



LIMIT DISTRACTIONS:
TECH OFF OR ON SILENT



KEEP AN OPEN MIND

Please feel free to add more in the chat section...

WHY WE SMILE WHILE FEELING VERY DIFFERENT INSIDE?

SMILING CAN EXPRESS A LOT BUT ALSO HIDE STRESS, ANXIETY, OR SADNESS.

WHY DO WE DO THIS? WHAT ARE THE COSTS AND BENEFITS?

WHAT SITUATIONS HAVE YOU FELT YOU HAD TO PUT ON A SMILE?

WE ALL HAVE A STORY BEHIND THE SMILE



WHAT'S ONE MOMENT WHERE YOU NOTICED
SOMEONE'S SMILE DIDN'T MATCH HOW THEY
WERE REALLY DOING?

WHEN WE DON'T LOOK BEYOND THE SMILE?

HOW MANY OF YOU THINK WE MISS SIGNS BECAUSE WE DON'T LOOK BEYOND THE SMILE



WHAT SIGNS DO YOU LOOK FOR THAT TELL YOU SOMEONE MAY BE STRUGGLING, EVEN IF THEY SEEM OKAY?

LISTENING WITH EARS EYES AND HEARTS



WHAT DOES LISTENING WITH YOUR EYES,
EARS AND HEARTS MEAN TO YOU?



"IT'S BETTER TO FIX AND SOLVE THAN SIMPLY LISTEN!"



HOW MANY OF YOU
AGREE OR DISAGREE
WITH THIS STATEMENT AND WHY?



ONE SMALL ACTION YOU'LL TAKE THIS WEEK

HOW MANY OF YOU THINK WE MISS SIGNS
BECAUSE WE DON'T LOOK BEYOND THE SMILE

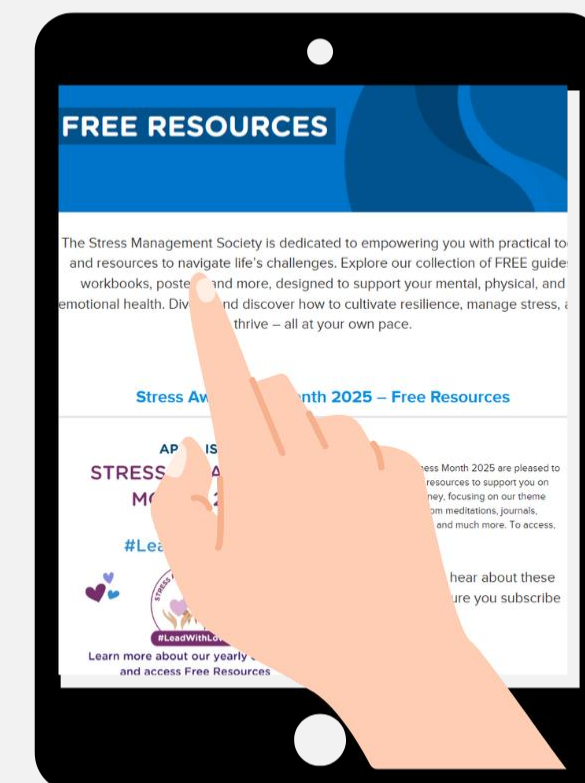
DO YOU FEEL MORE CONFIDENT NOTICING
AND RESPONDING TO WHAT'S BEHIND THE
SMILE?

INVITE ONE WORD IN CHAT TO CAPTURE
YOU'RE LEAVING THE SESSION.

CHECK OUT OUR FREE RESOURCES

HAVE A LOOK ON OUR
WEBSITE FOR A RANGE OF
FREE RESOURCES!

 www.stress.org.uk



MENTAL HEALTH CHAMPIONS

**LEARN MORE ABOUT SAFEGUARDING,
SIGNPOSTING AND SUPPORT**

**BOOK NOW FOR A
50% DISCOUNT
COSTING YOU
£248.5
FOR OUR
SEPTEMBER
PROGRAMME
Code Sep20**



JOIN OUR PEOPLE, CULTURE AND WELLBEING FORUM

Are you a HR, Health and Safety Professional or Workplace Wellbeing Specialist?

Join our exclusive *People, Culture and Wellbeing Forum*.

Click the **link in the chat** and be part of our global community dedicated to enhancing the workplace culture around the world.

Sign up now for newsletters, webinars and further insights on workplace wellbeing so we can thrive together!



SIGN UP TO OUR WEEKLY NEWSLETTER

SIGN UP

**Stress Buster
Newsletter**



NEW PRODUCT- WELLBEING PROTECT

**SIGN UP TO THE BE
THE FIRST TO GET THE
BENEFITS!**

USE CODE:

WELL50

**FOR 50%OFF THE ENTIRE
PACKAGE FOR ONE
MONTH**



[Our Courses \(wellbeingprotect.com\)](https://wellbeingprotect.com)

WAS THIS SESSION BENEFICIAL?

IF THIS SESSION WAS
BENEFICIAL PLEASE
LEAVE US A GOOGLE
REVIEW



NEW EMPLOYEE ASSISTANCE PROGRAMME SUPPORT



**EMAIL info@stress.org.uk
TO REQUEST OUR
FREE EAP
PURPLE PAPER**

**CONTACT US FOR A
EAP REVIEW
DISCUSSION**

NEED TO TALK? SUPPORT RESOURCES

SAMARITANS

CALL: 116

This is a **free listening service for whatever you are going through**. No matter what, someone will be there to help talk through any distress you feel you want something to talk through with you

THE SILVER LINE

0800 470 80 90

This **free helpline for older people** across the UK is open every day and night. Staff offer information, friendship and advice as well as linking callers to local groups and services.

MIND

www.mind.org.uk

Call: 03001 233393 (09.00-18.00)

Text: 86463

Mind provide **advice and support** to empower anyone who might be experiencing **mental health problems**. They have a range of services including supported housing, crisis helplines, drop-in centre, counselling and befriending

C.A.L.M. (CAMPAIGN AGAINST LIVING MISERABLY)

www.thecalmzone.net/help/get-help/

CALL: 0800 58 58 58 (5PM – MIDNIGHT, DAILY)

This campaign aims to help anyone who may have hit a wall for any reason at all and want to talk to someone or find information and support

ANY QUESTIONS BEFORE WE END THIS SESSION?

**ANSWER IN THE CHAT SECTION
OR ON THE MIC**



JOIN NEXT MONTHS WEBINAR

10th October 2025 at 1-2pm (BST)

"Finding Steady Ground:
Mental Health in Times of Crisis"

Join through the link in the chat

THANK YOU!

We look forward to supporting your wellbeing journey...



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