Episode 6 Ment-ally There with Dr. Marny Lishman

HOW TO START THE CHAT

for the girls

Six things worth saying out loud from Episode 6. **You don't need the right words for any of them** - Marny's whole point is that describing what you are feeling or going thorugh it is enough.

1

"I DON'T FEEL LIKE ME?"

SAY IT TO - your trusted adult, a school counsellor, or a number below

Marny is clear you don't need the right words. You don't have to say anxiety or depression. "I'm not sleeping." "I'm not hungry." "I feel odd." Any of it is enough, and "I don't feel like me" is the one that makes an adult sit up.

2

"CAN YOU HELP ME WORK OUT WHAT SETS THIS OFF?"

SAY IT TO - your trusted adult, a counsellor, an older sibling, your GP, a trusted friend

Marny works with people like detectives: when does it switch on, when does it switch off, what helps, what doesn't, what's going on at home and at school and in your friendship group. You don't have to solve it. You have to start looking at it with someone.

3

"I KEEP REPLAYING IT AND I NEED TO SAY IT OUT LOUD."

SAY IT TO - anyone you trust

A girl asked why conversations replay for days. Marny: your brain has flagged a problem and won't drop it until there's a solution, and handing it to someone else counts as one. Saying it out loud is often the thing that switches it off.

4

"NO."

SAY IT TO - anyone. It's a full sentence on its own

Another girl asked why saying no comes with guilt. Marny calls it conditioning. We're taught to make sure everyone else is fine first. Every yes you didn't mean is a no to yourself, and you're the one who pays for it later.

5

"THIS TIME IS BOOKED OUT IN MY CALENDAR AND I'M NOT MOVING IT."

SAY IT TO - your trusted adult, whoever fills your week

Marny: life will never hand you the time, you have to put it in the diary. Elite athletes schedule recovery because it matters as much as the training. Home at four, phone away, outside for a bit. That's the whole intervention.

6

"I THINK I WANT TO SEE SOMEONE."

SAY IT TO - your trusted adult, a school counsellor, your GP or a number below

Behind the door is someone trained, a confidential room, and no obligation. Marny tells first-timers she won't be offended if they don't come back, and if she isn't the right fit, she'll help find someone who is.

IF YOU ONLY TAKE ONE THING...

Dr. Marny Lishman on not needing the right words

- "Don't worry about having the right words. Just share your experience"
- Anxiety is the most common chronic health condition in the world, rouhgly 1 in 4 people have it
- Being exhausted all the time is not just part of being a teenager.

Lifeline — 13 11 14 · 24/7 · or text 0477 13 11 14
headspace — 1800 650 890 · 3pm–10pm daily · ages 12–25
Beyond Blue — 1300 22 4636 · 24/7
You don't have to be in crisis to ring any of them.

This is designed as a conversation starter, **not clinical advice.** You don't have to be in crisis to talk to someone, and you don't have to work out what's wrong before you start.

litHERacy
litheracy.com