

## Phase 2: “The Signals You Might Miss”

Helping users identify early signs of stress, burnout, and mental health challenges.

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### LEARN

#### **Lesson 1: Your Body is a Messenger**

You might not always say “I’m not okay” — but your body often does.

Tight shoulders. Headaches. Trouble falling asleep. Appetite changes. Sudden tiredness.

These aren’t random. They’re messages.

When your nervous system is overloaded or your stress is chronic, your body sends out alerts. And it does it long before your mind fully catches up.

You may find yourself:

- Reacting more than responding
- Feeling wired but tired
- Feeling emotionally distant from people you care about

Your body has been keeping score. It’s not being dramatic. It’s being honest.

By tuning in and recognising these physical cues early, you gain an early-warning system — one that can help you make changes before you burn out or break down.

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#### **Lesson 2: Not All Red Flags Are Loud**

Some signs of struggle are obvious. But the quiet ones? They’re easy to ignore.

Maybe you’re:

- Avoiding phone calls
- Feeling less excited about things you used to love
- Saying “I’m just tired” a bit too often
- Procrastinating on small, everyday tasks

These are **soft signals** that your mind is under strain.

The problem? They’re easy to brush off as “normal” — until they stack up.

Mental health shifts don’t always arrive with sirens. They sneak in subtly, through habits and emotions that feel slightly off.

The earlier you spot them, the sooner you can take action.

Checking in with yourself — even for 2 minutes a day — helps you notice the small shifts before they become storms.

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### **Lesson 3: The Cost of Coping Alone**

“I’ll deal with it later.”

“I don’t want to be a burden.”

“Other people have it worse.”

These phrases sound like strength. But often, they’re signs of **silent struggle**.

Many people cope alone, not because they want to, but because they’ve learned to.

They don’t want to seem weak, dramatic, or dependent. So they hide their pain — even from themselves.

The truth? Reaching out is a **mental strength**, not a weakness.

When you name what you’re going through, you reclaim control.

Whether it's texting a friend, talking to a GP, or using a journaling app — externalising your struggle is the first step toward real relief.

You don't have to wait until you're falling apart to get support.

## **WATCH**

### **Video 1: "Your Body Sends the First Signal"**

#### **Opening Frame:**

Visual of a person typing on a laptop. The screen flickers. Their posture slouches.

#### **Voiceover:**

"You might not realise it, but your body often knows you're struggling before your mind does."

#### **Cut to:**

Headache icons. Shoulder tension. Sleep cycle graph.

#### **Voiceover:**

"Headaches, stomach upsets, difficulty sleeping, tension in your chest — these aren't just physical. They're emotional alerts in disguise."

#### **Scene change:**

Split-screen showing someone ignoring these signs, and someone taking a walk, journaling, or talking to a friend.

#### **Voiceover:**

"Listening to your body gives you a head start. It's not about fixing everything instantly. It's about noticing. Responding. Being kind to yourself early."

#### **Closing Frame:**

The MindEase logo with a message:

"Start by listening within."

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### **Video 2: "Mental Health Doesn't Always Scream"**

**Opening Frame:**

Someone smiles in a Zoom meeting, closes the laptop, and their face falls.

**Voiceover:**

"Mental health struggles don't always show up as breakdowns or outbursts. Sometimes, they whisper."

**Scene montage:**

- Ignored calls
- Coffee growing cold
- Unopened messages
- Dust gathering on a guitar or yoga mat

**Voiceover:**

"You're not lazy. You're not overreacting. You're coping — silently."

**Cut to:**

Quick shots of sticky notes with the phrases:

- "Just tired"
- "Can't focus"
- "Don't feel like talking"

**Voiceover:**

"These soft signals matter. And you deserve to notice them, without guilt."

**Closing Frame:**

"Spot the signs. Support yourself sooner."

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**Video 3: “The Myth of ‘I’ll Handle It Alone’”**

**Opening Frame:**

An animation of a figure carrying a heavy backpack. Others walk by, unaware.

**Voiceover:**

"I've got this."  
'I don't want to burden anyone.'  
'I'll be fine.'  
Sound familiar?"

**Scene Change:**

They try to work, parent, exercise — but the backpack keeps growing.

**Voiceover:**

"Sometimes, what looks like independence is actually isolation."

**Transition:**

The figure puts the bag down, opens up to a friend or counsellor. They're still standing — but lighter.

**Voiceover:**

"Support isn't weakness. It's wisdom.  
You don't have to wait for a crisis to speak."

**Closing Frame:**

"Talking is healing. Start small. Start now."

## Activity

**Title:** "When My Mind Speaks Through My Body"

**Prompt:**

Think back over the past month. Have you experienced any of the following?

- Tight chest or shallow breathing

- Trouble sleeping or waking up tired
- Headaches or digestive issues without medical cause
- Feeling numb or disconnected from people or things you usually enjoy

**Instructions:**

Write down at least one example where your body gave you a clue about your mental state.

Now answer:

- What might have been causing it?
- Did you respond or ignore it?
- What could you try doing differently next time?

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## Quiz (5 Questions + Answers)

**1. Which of these physical signs could suggest mental distress?**

- a) Dry mouth
- b) Chest tightness
- c) Loss of appetite
- d) All of the above

**Correct Answer:** d) All of the above

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**2. True or False: Mental health warning signs are always dramatic and obvious.**

**Correct Answer:** False

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**3. Which of the following is an *early* sign that someone might be struggling?**

- a) Always late to meetings
- b) Posting emotional quotes on social media
- c) Withdrawing from conversations

d) Asking for a raise

**Correct Answer:** c) Withdrawing from conversations

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**4. What does your body often do before your mind realises you're stressed?**

- a) Yawn
- b) Slow down digestion or increase muscle tension
- c) Get more energetic
- d) Increase your appetite

**Correct Answer:** b) Slow down digestion or increase muscle tension

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**5. Which of the following is a healthy way to respond to early mental health signals?**

- a) Power through it and wait for the weekend
- b) Pretend everything is fine
- c) Acknowledge it and make time to rest or talk to someone
- d) Scroll endlessly on your phone

**Correct Answer:** c) Acknowledge it and make time to rest or talk to someone

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