

# The Man Sprouts Man-ifesto

man   
sprouts

[mansprouts.com](http://mansprouts.com)

# MAN SPROUTS - SPEAKING UP...

## *Speaking up for and out about male mental health*

Thank you for signing up to *man sprouts*.'

I firmly believe that we need to shift how we, as men, see ourselves in the world, define ourselves and open up to the emotional and psychological aspects of our nature.

Mental health does apply to men. We can struggle to define ourselves in a way that compliments our own sense of identity, values and beliefs. We can find it a challenge to tap into and articulate our emotions and see that as a positive.

There is a significant and distressingly high rate of male suicide, and it seems clear that the existing rules and norms for men are not fit for purpose. 'Shutting the f\*\*k up' is no longer to accepted as a solution to mental anguish

That's why I have launched the *man sprouts project*. It is why I am focusing on shifting how we engage with the 'men's mental health' agenda.

I want it to become, not just ok to speak about our mental health, but to become 'what we do.' To make it a positive aspect of being a man today.

The *Man Sprouts MAN-IFESTO* is my statement of purpose and guide for us all in creating a new dialogue...

## *The MAN-IFESTO...*

- M** Male Mental Health Matters
- A** Asking for help is a sign of strength
- N** No judgement *towards self and others*
- S** Speak up. *Say Anything! Say something ffs...*
- P** Promote positively
- R** Reclaim your *Man Sprouts*
- O** Open up to the emotional you
- U** Unlock your potential
- T** Take time...
- S** Start **NOW**



# Male Mental Health Matters

# Male Mental Health Matters

Your mental health is a real thing.

It really is.

Honestly, it's not just something that some 'do gooding, new age hippy' came up with to get you to hug trees (not that being a hippy or hugging trees is a bad thing obviously - see 'N' below).

It's not something that can be dismissed, put on hold or put to the bottom of the list.

By making it a priority in your life, you can open yourself up to so much more in all aspects of your life.

A

HELP

Asking for help is a  
sign of strength

# Asking for help is a sign of strength

It can be one of the toughest things to do - how can that be a sign of weakness?

But take heart, you have the strength.

If you have been coping with an incredible amount for an incredibly long time, then you are strong already.

Redirect that strength into starting the first conversation and ask for help.

N

No Judgment

# No Judgment

Everyone of us is different and everyone approaches life with a unique combination of strengths, values, beliefs, skills, strengths and perspectives.

Let's approach life accepting that we all see the world differently.

Adopt a non-judgemental attitude especially when it comes to psychological and emotional distress.

Oh, and be more 'non-judgemental' when it comes to yourself.



S

Speak up

# Speak up

Remaining silent is NOT the answer.

So Speak up.

Not sure how?

The How matters less than the DOING.

Speak up for your mental health in any way that you can.

*Speak Up! Say anything - but say something ffs!*

P

PROACTIVE

Promote  
Positively

# Promote Positively

By speaking up for and out about your own mental health you are contributing to promoting a positive culture.

Nevertheless there will be many who feel unsure or unsafe about opening up.

Promote a positive culture by avoiding stigmatising or judgmental language and setting an example.

Let's focus more on what we all *can do* rather than *can't do*.

Let's play to our strengths and gifts and encourage others to do so too.

But let's acknowledge the reality that at any given time any one of us could be struggling with our mental wellbeing - be positive, open and supportive in our behaviour and our actions.

R



Reclaim your  
*Man Sprouts*

# Reclaim your *Man Sprouts*

Get back in touch with you - what it means to be you as a man

They are your sprouts after all.

Whether you have a full set physically or not, you are still a man - reclaim that right and start to live according to *your* own definition of what it means to be a man.

There is a huge scope for variation, so don't limit yourself to the definition of another.

*Think what you 'could' be not 'should' be*



Open up  
emotionally

# Open up emotionally

Emotions are part of who you are.

Start to open up to the emotional side of you; the good and the not so good; the pleasant and the painful.

Open up.

Experience them.

Talk about them.

*Emotional health is a critical part of your well-being.*





U



Unlock your  
Potential

# Unlock your Potential

The potential that is being held back by your limiting beliefs, unhelpful values or the beliefs and values of others.

Stop putting so much energy and effort into life whilst holding yourself back at the same time (self-doubt, and self-criticism from what you really want).

It's like driving with your foot full on the brake -you won't get too far and you will burn yourself out.

Imagine the potential that is being locked in due to all those limiting thoughts and feelings.

*Time to unleash it.*

T

Take Time...

# Take Time...

For you and for the process.

Regaining a sense of yourself, reclaiming your place in your life and renewing your psychological and emotional well-being takes time.

It takes a commitment to invest some quality time and effort in you, because...

*you matter*

S

where

should

start

Start NOW

# Start NOW

Start speaking up for your mental health right now.

Start in the smallest and seemingly insignificant of ways, but...

*start speaking the f\*\*k up right now.*

# MAN SPROUTS - WHAT NOW?

## *So there you have the MAN-IFESTO*

I hope you found this manifesto thought provoking and motivational. What now?

Well, join the *man sprouts* [facebook](https://www.facebook.com/mansprouts/) page (<https://www.facebook.com/mansprouts/>) and join the conversation,

Dig into the resources in the man sprouts member area ([www.mansprouts.com](http://www.mansprouts.com)) - there's a load of e-books, audio and video courses and much more).

And start to look for ways to support the conversation around male mental health in positive ways. Think about whom you can approach and start a conversation about your own well-being.

Get in touch with me at [dave@stressedguru.com](mailto:dave@stressedguru.com) if you have any thoughts or questions.

For now, let's speak the f\*\*k up about men's mental health...

Dave Algeo, Stress(ed) Guru

'Success with Wellness'

Follow me on Twitter - <https://twitter.com/#!/stressedguru>

