

IT'S MENTAL

What's on your mind? Down the rabbit hole.

Mental health is something we hear a lot about; it seems to be in every magazine, billboard and on all social media channels, so what is the hype over mental health and how can we in the Barber community be affected or effective...

The Stats

As the world moves forward into this new age, stress levels are ever increasing. More and more people are experiencing mental health issues from mild anxiety and panic attacks to depression and more. Current statistics show that the UK suicide rate has increased by almost 11% from last year and that men are at a much higher risk than women with stats showing 75% men to 25% women taking their own lives.

Recently there has been a lot of exposure with more and more people in the public eye - including celebrities - stepping forward to talk about their own mental health. Is it this publicity that is helping people to open up and talk more about mental health problems?

Here for you

Over the last decade, the Barber world has taken a huge leap forward in industry standards, it has evolved to a more intelligent and well-rounded entity, it has grown up! With this maturity, comes a greater responsibility; responsibility towards our customers, our staff and apprentices; to keep an eye out for our fellow brothers in arms who are struggling in any way.

So what do we do with this privileged time? Because it's not just about customers, it's also about your team and their work/life balance. It's about recognising the levels of 'banter' the young apprentice can handle. It's about the shop owner running a business often feeling alone at the top with no one to talk to. You see, we all suffer from modern living/work/home stress and mental unease but if gone unchecked for too long, it can become a problem, and then could quite easily become a much bigger problem. So the ideal solution (if there is, or ever will be one) is prevention. The idea that we look out for each other, that we talk and address the smaller problems before they become larger, that we think before we say, that the banter on a young mind is filtered, that we listen more than we talk with customers.

One of the ways that we will be doing this in 2020 is to hold a mental health workshop for our team at Jack Rabbits. Thursday 6th February 2020 is 'Time to Talk Day'; this is a national, annual initiative for everyone to talk about mental health, raise awareness and hopefully, help to change lives. The more something is talked about the more normal it becomes; we need to de-stigmatize mental health and shatter the illusion that mental health is negative. It isn't. We all have 'it', it's how well we look after 'it', and each other. It's about being human, or more to the point *humane*.

Dare yourself to be more vulnerable every day. It's not the easiest path to take – it's the one that leaves you terrifyingly open. But that's the point.

Quote Ed Stafford

www.flashpack.com/us/insights/2019/11/21/being-vulnerable-ed-stafford/

Take care and see you down the rabbit hole soon.

Nyk & Team

SUPPORT YOUR LOCAL BARBER BY WAITING FOR THEM

Those that would like to support me and the team we have a “save my local” site where we are selling service gift vouchers to be redeemed at a later date. Please follow the

link. **BUY VOUCHERS**

<https://savemylocal.org/jackrabbitsbarbers>

To stay in touch and effortlessly book your appointments as well as collecting loyalty points, please down-load our Jack Rabbits App. Please follow the link.

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