Masking Emotions

An Inkwell Arts activity to celebrate 50 years of Leeds Mind

50 Years of Talking

2022 is the 50th Anniversary of Leeds Mind. For our golden anniversary, we are asking Leeds to get talking, because silence isn't always golden...but talking is!

Since being founded in 1972, Leeds Mind has grown to around 100 staff and 70 volunteers. Together, we provide mental health services for our community in and around Leeds, including group support, 1-to-1 counselling, creative wellbeing activities, workplace wellbeing support and more. Talking is a valuable tool that we use across all these services.

We want to use the celebration of our 50th year to reach more people right across Leeds and the surrounding areas. We want this year to see more people than ever talking about their mental health – not because more people need to (although this may be the case due to the pandemic), but because people no longer feel the need to hide.

This document is a project by Leeds Mind's creative wellbeing service, Inkwell Arts. Inkwell is getting people talking and creating with this artistic prompt inspired by masks.
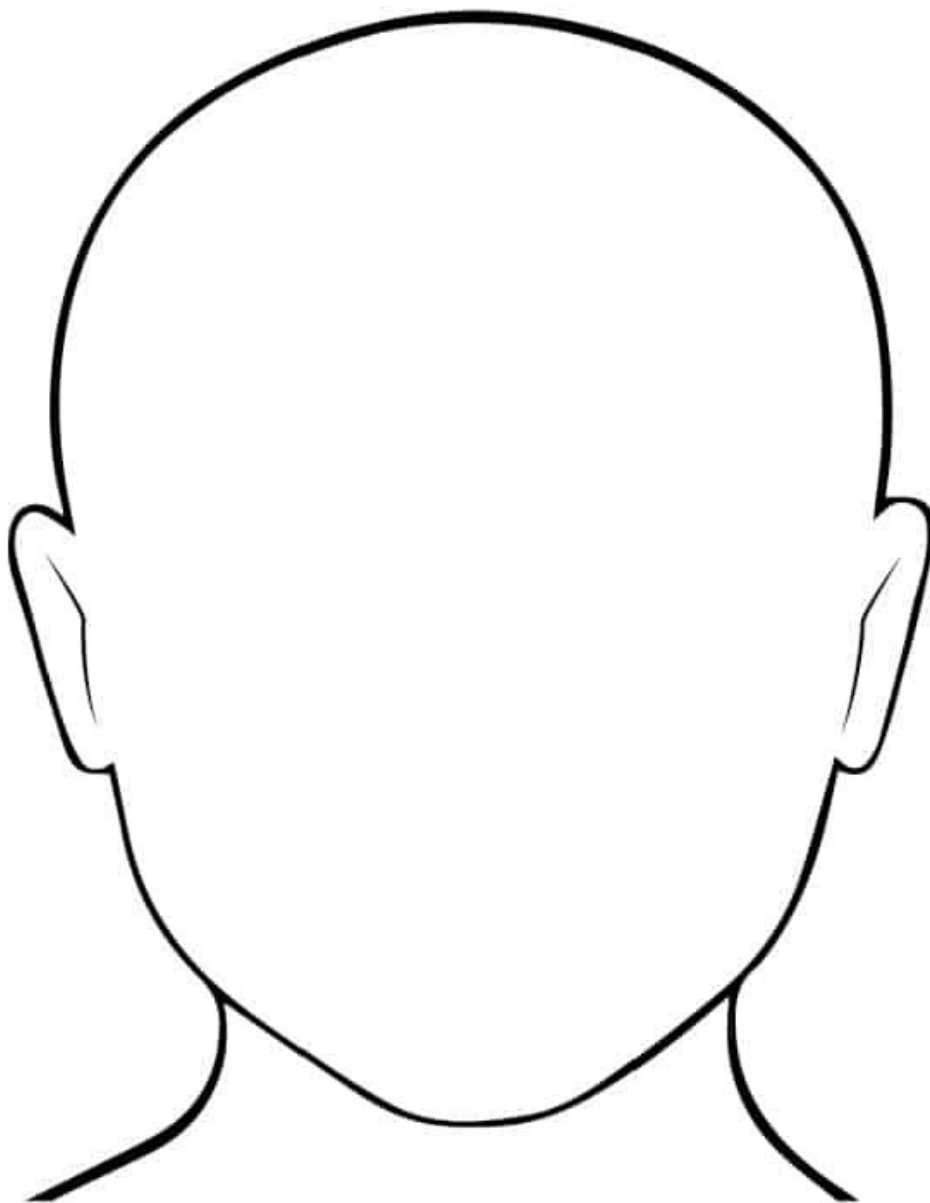
On the first mask, participants draw the person they present to the outside world (also known as a 'persona') On the second mask, the prompt is to draw "your true self".

This is intended to get people talking about the differences between their persona and their true self, and to talk about why this might be.

Share this resource with people you know, and help more people discover why **talking is golden.**

What is your persona?

Think about who it is you want other people to see you as and decorate this mask. Are you happy, positive, creative, organised...? Have a play around with art materials such as paints, pencils and collage.

What is your true self?

Sometimes the persona we show on the outside can be different from how we feel inside. Think about some of the feelings you might be 'hiding'. Now decorate this mask and see if there are any differences. Can you talk about why there might be differences?