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## THE HANDBOOK

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CLEAR YOUR HEAD IN JUST 60 MINS

FEEL THE BENEFIT FOR LIFE

# WHAT IS IT?

**A SIMPLE, FAST AND HUMAN APPROACH TO ENHANCE MENTAL WELL—BEING.**

**IT'S NOT THE ONLY ANSWER, BUT FROM OUR EXPERIENCE IT CAN HELP.**

**IT'S FREE, IT'S EASY AND IT'S FUN.**

We know how to look after our bodies by eating well and exercising, but few of us do the same for our minds.

Our brain is a muscle, like any other in our body, that needs to be taken care of.

Talk it Out gives us the space to do just that. By taking just one hour a month we have an opportunity to get a clearer perspective, let go of things that have been bugging us and connect more deeply with who we are and how we are living.



**TALK IT OUTS CREATOR CHRIS BAREZ-BROWN EXPLAINS HOW TO HAVE A TALK IT OUT SESSION**

# HOW DOES IT WORK?

The beauty of Talk It Out is that all you need is a buddy, and somewhere to walk and talk. You can Talk It Out with the same person regularly, or choose someone different — it's up to you. The more often you do it, the more natural and better it will feel.

After you've met up, one of you becomes Person A and the other, imaginatively is Person B!

Person A talks at person B, uncensored and constantly at person B about an issue they face in work or life in general. Do this for 20 minutes.

Person B listens actively, encouraging Person A to keep going but doesn't talk— just listens regardless of what they say. Person B looks and listens for changes in the energy of person A as they talk about their chosen topic.

After 20 mins of talking, spend a few minutes landing where they've got to and what were the things they talked about that created the biggest change in their energy. Nice chat to have.

Now swap, and Person B talks to Person A for 20 minutes as you go for another walk and repeat the technique the other way around.

Talk it Out is the fastest way we know of (just 60 minutes!) to process complex situations and gain clarity, energy and inspiration.

Talking through your issue or concern, uninterrupted, for a time that is long enough to get through your story, helps us get clarity and gain the benefit of an emotional release.

For every opportunity that we have, we have a story. The story is our take on a situation, the one we keep coming back to time and time again. The one that keeps us stuck in today.

# WHY DOES IT WORK?

**With the increased demands on our attention and the ever more complex lives that we lead, it's very hard to process all that is going on.**

**Most of us just deal with it by bottling up our emotions.**

Many of us don't talk about our challenges and issues because we feel we should be able to cope. We end up carrying the weight of them with us wherever we go.

This simple exercise helps us process things that often we're not even aware of.

When we walk and talk we access more of our subconscious and so many of our unseen challenges, frustrations and untapped passions come out into the light of day from the depths of our minds.

Just by sharing in a stream of consciousness we can change our whole relationship with what has literally been "on our minds".



# WHO IS IT FOR?

**Everybody!**

We've run this with tens of thousands of people and we've found that everybody has felt better (to some degree) after 60 minutes:

# THE RESULTS

In one recent study, 85% of people felt better afterwards and would do it again.

In their own words, they said:

*“I have a clearer perspective of what’s important and what I’d like to spend more time and attention on”*

*“It’s like a weight being lifted off my shoulders - I feel lighter and happier”*

*“I feel better for having connected with someone; less lonely. It was nice to be listened to and not judged”*

*“It was really simple, and fun! I’d definitely recommend it to friends and family”*

# TIPS

**Active listening** involves listening with all senses.

As well as giving full attention to the speaker, it is important that the ‘active listener’ is also **‘seen’ to be listening** — it’s cues like ‘Yes’ ‘Hmmm’ or nodding your head or using eye movement.

What you say **doesn’t have to be clever or even true**, otherwise you will filter and remain stuck in your conscious story.

Encourage people to keep talking as it’s important to get the flow.

# CONTACT:

If you have any questions on Talk It Out feel free to get in touch through our facebook page - we're here to help!

**Talk It Out is to aid positive mental wellbeing. The information in this handbook and on our facebook page are provided for general information and are not a replacement for, or a form of therapy, nor is it intended to cure, treat, or diagnose mental health conditions.**



**If you have been affected in any way by your Talk It Out experience, please don't suffer in silence. There are people and organisations who can help with totally free and confidential advice and guidance:**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.thecalmzone.net](http://www.thecalmzone.net)

