



VOLUME 4

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A2 LIONS CLUB

UNMASK YOUR MIND: IT'S OKAY
TO TAKE OFF THE MASK AND
SHOW HOW YOU REALLY FEEL



A2 MIND

MATTERS

MENTAL HEALTH
NEWSLETTER



Meet THE EDITOR

Sharmmila Rajkumar



Dear Lions of A2,

This month, we invite you to pause and "unmask your mind." Too often, we hide our worries behind polite smiles and busy days. But healing begins when we dare to be honest – with ourselves and with one another. As the autumn leaves fall, let's also let go of the masks that weigh us down. Behind every smile is a story, and behind every story is strength. Together, let's make October a month of truth, courage, and compassion.

In service and solidarity,

Sharmmila Rajkumar

District Chair – Lions Quest / Mental Health Initiatives



Do you have a story to tell?

A personal experience with mental health?
Tips that helped you cope or support someone in need?

We'd love to hear from you.

What You Can Share:

- Personal mental health journeys (with or without your name)
- Reflections or poems
- Artwork or photography
- Helpful resources you've discovered
- Club events promoting emotional wellness

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 Let's inspire, encourage, and lift each other up – one story at a time.!

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Behind the Smile:

Unmask Your Mind

We all wear masks.

Some are made of smiles, others of strength. Some say, "I'm fine," when the truth is, "I'm tired."

In a world that praises positivity and productivity, we often hide our pain – afraid of being judged, misunderstood, or seen as weak. Yet every mask we wear distances us a little further from ourselves and from the people who care about us.

Why We Hide

Many of us have been taught that showing emotion means losing control. We smile through stress, joke through grief, and stay silent through sadness. We fear burdening others – or being told to "just be grateful." But emotions, like pressure in a bottle, don't disappear when ignored; they build until they find a way out.

Taking off the mask doesn't mean breaking down – it means being real. It's saying, "I'm human."





Seeing Beyond the Mask



As Lions, we serve communities with heart – but even the strongest hearts need rest.

When someone around you seems unusually quiet, distracted, or withdrawn, it could be more than just a busy week.



Look for small signs:

- They stop joining conversations or club activities they once enjoyed.
- Their laughter feels forced.
- They keep saying "I'm okay" too quickly.

A gentle, "How are you really doing?" can open a door to healing.



Listening Without Fixing

Sometimes, people don't need advice – they just need space to speak.

Active listening is one of the simplest yet most powerful acts of kindness. Sit beside them, not across. Hear their story without judgment or interruption.

It's okay not to have the right words. What matters most is presence.



Removing Our Own Masks

The truth is – we all have moments when we need to be seen and understood.

taking off your mask may feel uncomfortable at first, but it's an act of self-respect. Try these steps:

1. Name your feelings. Write down what's really going on inside.
2. Share with someone you trust. A friend, a family member, or even a fellow Lion.
3. Give yourself grace. Healing is not weakness; it's renewal.



Closing Thought

When we unmask our minds, we make space for empathy, connection, and courage.

Behind every smile there is a story – and behind every story, there is strength waiting to be heard.

"The heaviest mask to wear is 'I'm okay.'"





5-Minute Mental Health Activity



The Mask Reflection

theme: Unmask Your Mind



Goal: To recognize what we show on the outside versus what we feel inside – and to create space for honesty and self-compassion.

How to Do It:

Step 1: Draw or Print a Mask

Take a plain piece of paper (or use the printable sheet from this issue). Draw the outline of a mask – like the kind you'd wear at a masquerade party.

Step 2: The Outside – What People See

On the front of the mask, write the words or phrases that describe what others usually see in you:

- "Always smiling"
- "Strong"
- "Busy"
- "Helpful"
- "Fine"

Use colours, symbols, or drawings that show your public side – the version you let the world see.

Step 3: The Inside – What You Feel

Flip the page over. Now write or draw what's happening inside – your hidden emotions, worries, or truths:

- "Tired"
- "Worried about family"
- "Lonely"
- "Overthinking"
- "Trying my best"

Be honest. No one has to see this but you.



Step 4: Reflect
take a quiet moment and look
at both sides.

Ask yourself:

- What masks do I wear most often?
- Why do I hide these feelings?
- What would it take to show more of my real self?

Step 5: Share or Release
You can:

- Share your reflection with someone you trust.
- Bring it to a Lions meeting and add it anonymously to a board titled "unmasking the Lions."
- Or simply keep it in your journal as a reminder that strength doesn't mean silence.





■ Helpful App of the Month



Quabble - Daily Mental Health

Your pocket-sized buddy to help you unmask your mind

Quabble is an all-in-one mental wellness app designed to make mental health habits more joyful, engaging and accessible. It combines routines for sleep, meditation, journaling, mood-tracking, community support, and a playful virtual-pet companion to guide your journey.

- **Holistic:** You don't need separate apps for sleep, anxiety, mood and journaling – Quabble ties many of these into one platform.
- **Gamified and supportive:** The app offers "mind workouts", safe-space visualization, a "worry box" for unloading thoughts, and a buddy (a virtual duck) to make daily check-ins feel friendlier.
- **Community + accessibility:** It features an anonymous support space ("Bamboo Forest"), and a "scholarship" option so users facing financial constraints can access paid features.

For this month's theme of "taking off our masks" and being open about how we feel, Quabble offers a gentle, well-designed companion that supports reflection, honest check-in and community connection. It's a great pick for readers looking for a daily tool to help unmask their mind and build emotional awareness.



Reach Out: Mental Health Helplines & Support Networks

Immediate Help in a Crisis

talk Suicide Canada

 1-833-456-4566 (24/7)

 text: 45645 (4 PM – 12 AM ET)

 talksuicide.ca

9-8-8: Suicide Crisis Helpline

 Call or text: 988

(24/7, free and confidential)

 Nationwide access

Mental Health Support Lines

- Wellness Together Canada

 wellnesstogether.ca

 1-866-585-0445

(talk to a counsellor, 24/7)

 text: "WELLNESS" to 741741

ConnexOntario (for mental health, addiction, and gambling)

 1-866-531-2600 (24/7)

 connexontario.ca

Kids Help Phone

 1-800-668-6868 (24/7, for youth)

 text: "CONNECT" to 686868

 kidshelpphone.ca

Hope for Wellness Helpline (for Indigenous peoples)

 1-855-242-3310 (24/7)

 Chat: hopeforwellness.ca

LGBT YouthLine

 1-800-268-9688

 text: 647-694-4275

 youthline.ca

Therapy and Community Services

BounceBack Ontario

 Self-guided CBT program for anxiety and depression

 bouncebackontario.ca

211 Ontario

 Dial 2-1-1

 211ontario.ca

For finding mental health, housing, food, and community programs

