

#CreateConnectCare

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change
to mind

The #CreateConnectCare Challenge: Behind the Mask

In partnership with Bring Change to Mind Clubs

Everyone has mental health! However, people often show one thing on the outside while feeling something completely different on the inside. This is called **masking**—hiding or changing parts of yourself to fit in or feel safe.

Your Mission: Create something that shows your "mask" (the outside) versus what lies beneath the surface (the inside).

Step 1: Plan Your Story

Think about the two sides of your experience:

- **The Outside (The Mask):** How do you appear? Are you the "funny" one, the "calm" one, or the "tough" one? What behaviors—like joking or staying silent—do you use to hide your true feelings?
- **The Inside:** What emotions are actually there? If these feelings were colors, what would they be? If they were shapes, would they be sharp, soft, or tangled?

Step 2: Choose Your Medium

There is no "right" way to do this. Pick the way you like to express yourself:

- **Visual Art:** Drawing, painting, or collage.
- **Writing:** A poem, lyrics, or a journal entry.
- **Music/Film:** A song with a specific mood or a short digital video.

Step 3: Create & Reflect

As you work, consider whether your outer and inner worlds remain separate or begin to blend. When you're finished, try using this prompt to reflect on your work:

"Something I want others to understand about masking is..."

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Step 4: Share Your Voice

Sharing your story can remind others they are not alone and help reduce the stigma around mental health.

- **How to submit:** You can share your work at createconnectcare.org/submit by March 31st, 2026.

💡 **Important:** This activity can bring up big feelings. Remember to take slow breaths and step away if you need to. Support is always available—talk to a trusted adult or call/text **988**.