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Celebrate mistakes! Clowns share humour tips on World Mental Health Day

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RED NOSES International Healthcare Clowns, the experts on raising smiles, give lessons on how to start a conversation on mental health. It affects us all and "a little humour, empathy and creativity can make a big difference". First lesson: Celebrate mistakes! Read on.

Celebrating the World Mental Health Day, [RED NOSES International](#) shares lessons from healthcare clowns' experience.

"Mental health affects us all, and talking about it doesn't have to be scary. Today, on World Mental Health Day, take a moment to check in with someone. Even the smallest interaction can create the biggest difference" reads their [article](#).

- Celebrate Mistakes - "Humour often comes from getting things wrong" says Tanja Rainalter, Artistic Lead at RED NOSES International. "There is something to celebrate" she continues and this is the first lesson: Celebrate mistakes! What we need to remember is that getting up again and again leads to growth, hope and resilience.

In a conversation, talking about emotions can feel uncomfortable, so it is important to embrace mistakes instead of fearing them. This way, we create safe spaces for honesty and vulnerability, while "celebrating imperfection removes pressure and allows meaningful conversations to flourish".

- Read the Room - Never rush into a discussion without sensing the mood of the room. Just like a clown never rushes into a room, start by watching, listening and responding to the

emotional atmosphere before acting. "Listening first creates trust, which is the foundation of any meaningful dialogue". After all, "not everyone is ready to talk at the same time, and that's okay".

- Use play to open up - "Movement sparks connection and vitality, making it easier to start talking about feelings in a natural, low-pressure way". Clowns use simple and playful actions, such as joining a silly movement "to help people get into their bodies, where memories, emotions and experiences are stored". Activities may create a natural sparkle to conversation, while otherwise, words may feel too heavy to speak.

Background

The 10th of October is World Mental Health Day with the overall objective to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

According to the WHO the Day provides "an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide".

Find more here

Image - Courtesy of RED NOSES International

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