

What is mental wealth and what can you do to enhance yours?



In today's fast-paced automotive industry, where teams are often smaller and resources are limited, prioritising your wellbeing can be a challenge. Our [M]enable Moments guides are designed to assist you in navigating various aspects of mental wealth.

In our first guide, Stephen Whitten, founder of [M]enable, explains the concept of mental wealth.

**“Mental wealth?... don't you mean mental health?”
I hear you ask!**

Let's see what changing one letter does to how we approach the same topic. When we ask workshop participants what words come to mind when they think of mental health, they typically mention sadness, depression, anxiety, stress, low mood, problems, stigma, darkness and silence. Not exactly words that inspire positive conversations.

However, we all possess mental health, just as we do physical health. We all have a brain that is filled with thoughts, emotions, memories, ideas, issues, traumas and challenges. Yet, many of us are conditioned, especially men, to keep our thoughts internalised, not to open up or share how we are feeling.

Now change that one letter to make it WEALTH, and our thoughts turn to words like positivity, care, support, happiness, light, optimism, strength, nurturing, and even success. In financial terms, we all understand what the word wealth means and aspire to achieve it in our own ways.

Apply that same open thinking to our thoughts, mindset, and emotions, and suddenly we have goals, optimism, purpose, and direction — a complete shift, and perhaps something we're more willing to discuss openly.

Wealth is also about abundance, and when we are in that state, we're more likely to share and encourage it in others. However, achieving mental wealth requires some competence development, and we've summarised these for leaders in the Automotive Industry as follows:

- I.C.E.**
- **Intelligence** — developing and integrating various types of intelligence into your life such as physical, cognitive, cultural, social, and emotional aspects.
 - **Connections** — fostering belonging and purpose through professional and personal community and industry involvement.
 - **Enterprise** — cultivating curiosity about our world and our role within it. Encouraging an entrepreneurial mindset in the workplace promotes engagement and participation.

We hope you agree that adopting a mental WEALTH mindset fosters more positive conversations about mental health and may even encourage proactive measures to support you, your friends and your colleagues.



About Stephen

Stephen Whitton was an Automotive Trainer, Speaker, Consultant, and Coach, known for his ability to captivate an audience on stage.

Despite his outward success, for many years he faced mental health challenges stemming from unresolved childhood trauma.

In 2020, he confronted these challenges head-on with the guidance and support of his inner circle.

This journey inspired the creation of [M]enable, an initiative focused on equipping leaders and businesses with tools to prioritise mental wellbeing in the workplace.

[M]enable fosters open discussions to promote a more empathetic, supportive, and resilient industry culture.

If you'd like to learn more or want help to embed mental wealth thinking into your business, please contact us via www.menable.org

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