

**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

**It's time to  
change the way  
we talk about  
Borderline  
Personality  
Disorder.**

**[www.bpdawareness.com.au](http://www.bpdawareness.com.au)**



*Coordinated by:*  
Australian BPD  
Foundation Limited

# **BORDERLINE PERSONALITY DISORDER**

## **AWARENESS WEEK**

## **BPD CAN SOMETIMES BE:**

**Not being sure who and how you are in the world. Feeling empty and isolated. Wanting to connect with people but struggling to do so. Fear of people you love leaving you. Trouble understanding what is needed or wanted within your relationships. A desire to hurt or harm yourself to express pain and fear. Believing the world is better off without you. Feeling like nothing will get better. Thinking that you are broken. Emotions coming in huge tidal waves. Struggling to find the right words to explain big feelings. Trouble feeling calm. A very busy loud brain. Trouble connecting with the present moment.**



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**take it one day at a time.  
reach out and connect with  
safe people. practice being  
mindful in nature. be creative.  
listen to music. talk to your  
loved ones. focus on achieving  
small goals. read for fun.  
watch movies or tv. write  
letters to friends. spend time  
with pets. go for a long drive.  
take time to breathe. find  
something that makes you  
laugh. get enough sleep.  
be kind to yourself.**



# EXPAND YOUR SUPPORT SYSTEM

**PSYCHOTHERAPISTS**

**ART & RECOVERY  
MUSIC & COACHES**

**OCCUPATIONAL SOCIAL  
THERAPISTS WORKERS**

**DOCTORS TEACHERS**

**RESEARCHERS**

**NURSES**

**PSYCHOLOGISTS**

**PEER &  
ADVOCATES**

**LIVED EXPERIENCE**

**WORKERS**

**COUNSELLORS  
PHYSIOTHERAPISTS  
NEUROLOGISTS**



# BPD and the brain:

## Amygdala



**Tells us when to be scared, anxious, shameful or guilty.**

- **For those with BPD:** Is smaller, more reactive and can struggle to "check the facts".
- **Needs to:** feel safe and soothed. Loves repetitive movement, activities it finds safe, and familiar quiet spaces.

## Precuneus

**Part of the system relevant for understanding identity, who and how we are in the world**

- **For those with BPD:** might struggle making sense of and letting go of negative experiences and accepting and holding on to positive experiences
- **Needs to:** practice self-kindness, take time to check the facts, use wise mind, balanced thinking and look at how our world shapes our understanding of ourselves



## TPJ (Temporo Parietal Junction)



**A hub for making sense of the world around us and understanding others**

- **For those with BPD:** may increase empathy towards others with similar experiences and decrease connection to those who have different worldviews
- **Needs to:** learn skills to communicate in ways that are diverse, make sense and are related to both facts and emotions.

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**Our service  
is changing  
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# BORDERLINE PERSONALITY DISORDER

**AWARENESS  
WEEK 2022**

## SEE THE PERSON

1 - 7 OCTOBER 2022

## ‘BPD: See the Person’ is the national campaign focus of BPD Awareness Week 2022 (1-7 October)

People living with borderline personality disorder (BPD) often find that their diagnosis is the first and only thing other people see. The 2022 BPD Awareness Week campaign encourages everyone to *see the person* alongside their BPD diagnosis, symptoms and survival actions. We’re all complete and unique individuals, each with our own strengths and challenges.

The growing body of mental health knowledge recognises the diversity of life experiences: the role genetics can play, experiences of gender identity, sexual orientation, neurodiversity or trauma can all contribute to our well-being. It’s a universal experience to be assigned various labels throughout our lifetime - and many people living with a BPD diagnosis experience stigma. We all share the fundamental need to be treated with respect and dignity, free from stigma and discrimination.

This year’s message reminds us to look at the person alongside the labels, ask what their experiences are and how they continue to make sense of the world. For carers, family, friends, supporters and clinicians it’s a reminder that underneath negative or harmful coping behaviours a person can often be struggling. Let’s celebrate the person they are alongside their diagnosis, acknowledging their strengths, resilience and courage in order to SEE THE PERSON !

This campaign is informative and educational, having been co-designed and co-produced by the strong voices of people with lived experience to promote recovery, positivity and hope.

Resources developed for the BPD Awareness Week campaign include:

- **Website** – specially designed to support the experience of BPD in strength-based ways
- **Lived Experiences** – the voices of people living with BPD and those who support them
- **Art Gallery** – showcasing the works of people living with BPD and addressing stigma
- **Resources** – downloadable posters, infographics and social media content
- **Professional advice** – resources, research and information from leading BPD organisations

If you or your organisation are interested in being a part of the 2022 campaign, please email Karen at [bpdawarenessweek@gmail.com](mailto:bpdawarenessweek@gmail.com)

To share your experiences around ‘BPD: See the Person’ please see our Guidelines for Sharing Safely: <https://www.bpdawareness.com.au/share/>

For more information visit  
[www.bpdawareness.com.au](http://www.bpdawareness.com.au)