BORDERLINE PERSONALITY DISORDER AWARENESS WEEK 2022 SEE THE PERSON 1-7 OCTOBER 2022

KEY PRINCIPLES FOR WORKING WITH PEOPLE WITH PERSONALITY DISORDERS

Be compassionate. Demonstrate empathy. Listen to the person's current experience. Validate the person's current emotions. Maintain a non-judgemental approach. Stay calm and respectful. Remain caring. Engage in open communication. Allow strong emotions to be freely expressed. Be clear, consistent, and reliable. Remember Convey encouragement and hope always.

BPD CAN SOMETIMES BE:

Feeling empty and isolated. Wanting to connect with people but struggling do so. Fear of people you love leaving you. Trouble understanding what is needed or wanted within your relationships. 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 brain. Trouble connecting with the present moment.







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.

Note: Our infographics are informed by expert researchers at Project Air Strategy, University of Wollongong. Research into the neurobiology of BPD is ongoing and current findings are based on developing research on the brain. Our insights and understandings might change with further studies.







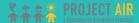
BPD and the brain: **Precuneus**

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: learn skills to communicate in ways that are diverse, make sense and are related to both facts and emotions.

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BPD and the brain: 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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PEOPLE WITH BPD TO DISORDER US WHAT THEY NEED: **PEOPLE WITH BPD TOLD**

EDUCATION support for carers shorter waiting lists AWARE Resources for treatment EASYRECOVERY LANGUAGE EXPLANATIONS compassion OF BPDCHANGE OF LANGUAGE OF Funding for long term treatment LIVED SKILLS FOR CLINICIANS STORIES INDIVIDUAL reactions TREATMENT

BORDERLINE PERSONALITY DISORDER AWARENESS WEEK

EXPAND YOUR SUPPORT SYSTEM

PSYCHOTHERAPISTS DOCTORS ART RECOVERY SOCIAL MUSIC COACHES WORKERS OCCUPATIONAL TEACHERS
THERAPISTS TEACHERS PHYSIOTHERAPISTS COUNSELLORS RESEARCHERS PEER NURSES ADVOCATES LIVED EXPER PSYCHOLOGISTS WORKERS

stronger than stigma.



We are experts in our own lives and experiences. When you truly listen to, and collaboratively work with people living with BPD our relationship is likely to be much more supportive.

BORDERLINE PERSONALITY DISORDER AWARENESS WEEK Natasha Swingler 2022 BPD Awareness Week Ambassador

Everyone is unique. Your experiences may look very different to someone else's and that is okay.

LIVED EXPERIENCE PROJECT PARTICIPANT

Mental health professionals should be working alongside you. Don't be afraid to ask them questions.

LIVED EXPERIENCE PROJECT PARTICIPANT

Your right to choose matters.

A diagnosis can guide you to effective treatment, but what works is up to you.

LIVED EXPERIENCE PROJECT PARTICIPANT

One of the most important things to ask is:

"Do you need comfort or solutions right now?"

MAHLIE

You live with BPD, You're not BPD. Never forget that you are a person before any label. rediscover yourself,. to live your life happy and healthy

NYSSA / 30 / NSW



"Living with BPD has its challenges, I focus on my strengths; adaptability, creativity and tenacity."

Lorraine



embracing what I can do. I've realised that I've that I've got so much more potential than I thought.

Greg





Journey of discovery, learning about myself and those around me.

CHLOE / 35 / VIC

"Knowing and understanding how your loved one sees the world makes living compatibility with them so much easier"

JEN / 53 / VIC



"You will grow in ways that make you a better person and a master communicator. Strong and loving are needed."

BORDERLINE PERSONALITY DISORDER AWARENESS WEEK

CARLIE / 40 / VIC

You are worthy. Never give up. you are human and deserve respect and dignity.

SARAH / 30 / VIC



Peer support groups have been valuable in connecting with others who understand me.

SAMANTHA / 45 / WA



"People diagnosed with BPD deserve to be treated with dignity. Listen to our experiences and remember BPD is different for everyone."

MILES / 23 / SA



Everyone with BPD is unique and everyone dese port tailored to their particular set of needs.

LAUREN / 27 / VIC



'Stigma towards those living with BPD is simply prejudice against people who are genuinely struggling and deserve compassion',



Professor Brin GrenyerDirector, Project Air Strategy

their families and groups of clinicians who are prepared to support the journey that people [with BPD] need to undertake



Professor Ian Hickie

Co-Director, Brain & Mind Centre
University of Sydney

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 acheiving small goals. read for fun. watch movies or tw. write letters to friends. spend time with pets. go for a long drive. take time to breathe, find something that makes you get enough sleep. be kind to yourself.





instead of saying, "unstable" try using..

"over sensitive" try using...

HOUGHTFUL