

# Sanctuary Space

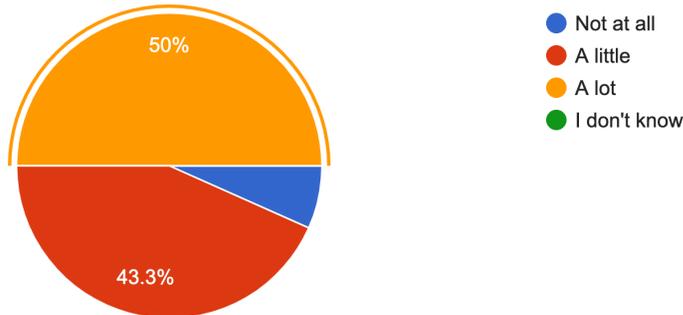
## Post-Workshop Evaluations

**Monsters Within: Manifesting Mental  
Illness**  
October 1, 2021

Approximate maximum attendance: 57  
Number of evaluations: 31

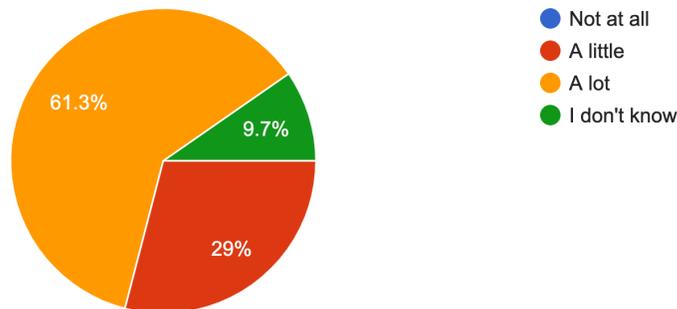
In your opinion, did this event increase your awareness of mental health issues?

30 responses



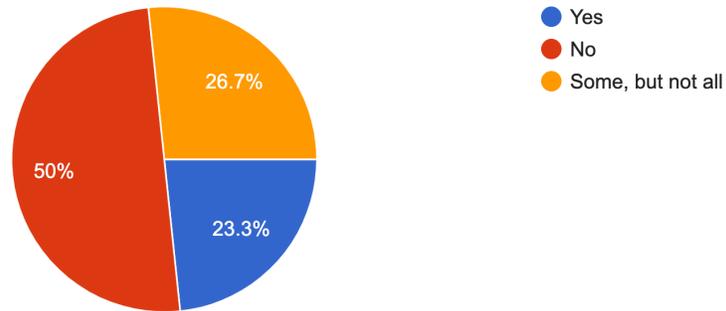
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

31 responses



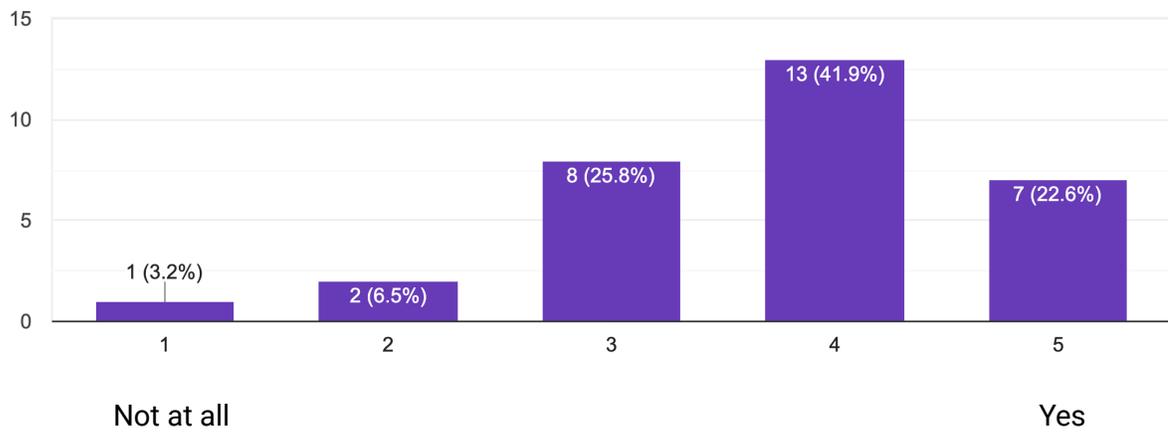
### Did you know about the resources listed in the Shared Notes prior to the workshop?

30 responses



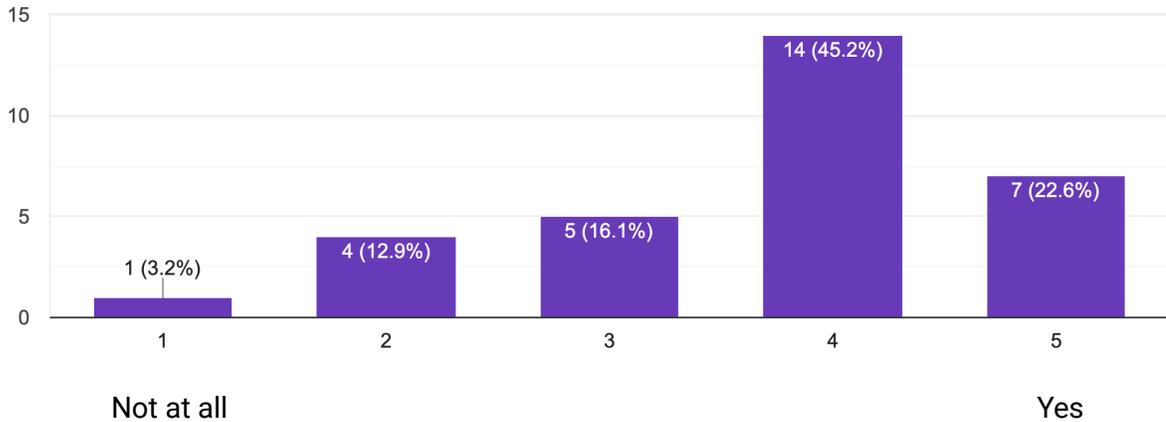
### After this workshop, do you have new tools to support your own wellness?

31 responses



Was the topic of today’s event something you think about often, or was it new for you?

31 responses



**What are your initial thoughts about your experience at today's event?**

I...hadn't really connected the horror genre with dealing with internal difficulties or mental illness.

Great subject – best moderation in consideration of mental health I’ve ever seen. “Just breathe.”

I really appreciate the perspectives shared and the beautiful space you create to explore.

It was a fun experience. I never really thought about how mental illness is depicted or manifests itself in movies like these. The panel was knowledgeable & made the event fun.

Absolutely loved the idea of connecting monsters to our mental health struggles (mainly through babadook example). Also thought it was so important and very well highlighted that mental health struggles are not being equated with being monstrous, but rather depicted in a different light, through co-existing. Of course with the exception of the ring, which shows mental health as something evil and to be feared.

So welcoming and positive despite the 'heavy' subject matter. I was really impressed by the three presenters/moderators and the support provided by Beth in the chat - the team created a safe, supportive and welcoming space for everyone

I have been waiting so long for a space to discuss these very things, so it was just amazing that this event was put together at all. The conversation topics are a medley of such importance to me personally and there is hardly ever a chance to discuss them on a day to day basis, so I am very grateful to have been a part of it.

Loved it! When I first got the email I was like, "this is exactly up my alley" and for a second thought my work schedule would interfere so I was bummed. But it didn't! It lived up to my expectations, exceeded them actually. I liked the platform we used and the polls and the chats. Felt really interactive.

I felt seen and empowered! Like I wanted to change the world (a feeling that something goes dormant—so I appreciated the spark again).

Different from what I expected, but I really enjoyed the hosts and the safe space being established early on.
I absolutely adored this conversation and there was such great feedback from everyone
Interesting correlation with how society equates mental health with monsters. I would have liked to talk more about perception....or maybe you did but I had a ton of tech problems with the platform.
It was awesome! I loved how interactive it was.
I really liked it, I saw new perspectives.
It was good to see and experience.
Great! Lots of fun and healing!
Important exploration of distortions of mental illness in films.
Anxiety and nervous
nice to think about and experience this theme
I feel more isolated
This was radical!
very lovely and engaging! felt like a very good and educational film studies seminar workshop!
That was different, thought it would be AH scary
I thought it was interesting and the discussion around the clips was great

<b>What was your key takeaway?</b>
This overwhelming sense of community and shared experience is the most poignant takeaway for me. The moderators did an excellent job of maintaining a safe space for everyone, and I think today's session should serve as a model for other event creators who want their participants to get as much out of this session as I did today.
That there are other people out there who understand that darkness or negative feelings can be part of mental illness and acknowledged, not to be scared of or pretend don't exist. I found that comforting.
Horror movies aren't all scary some are psychology and worth observing
That we really need to make sure that accurate portrayal of people with mental illnesses need to be seen as they are, both the good and the bad parts of their experience are best shown.
Learning to co-exist with what we may deem monstrous in our lives (depression/anxiety) and that it's okay to give space to our mental health struggles to exist.
There's opportunity to radically change the way people depict mental health in film / popular culture, and we must erase stigma around our monsters within.
Your perception of monsters and what frightens you can teach you a lot

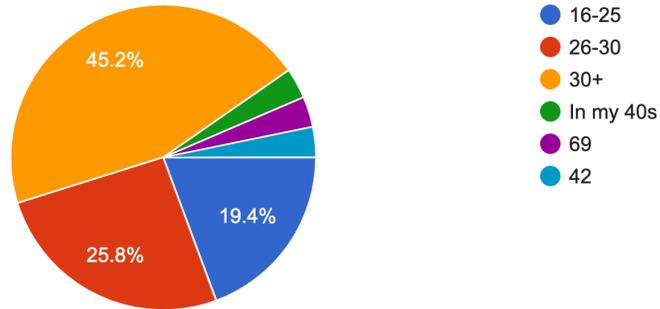
We are conditioned to perform so much shame around mental health instability yet it's the shadow sides of ourselves that need the more understanding and light.
There are very explicit ways of stigmatizing mental illness in horror films, but there are also very progressive and good ways of representing mental illness through horror (especially through internal character struggles!)
The question about "What would you like to say to your monster?" It is such an empowering question. The idea of being able to talk to my monster returns the power back to me!
Monsters are just another way we learn to cope with ourselves.
We can lean into our horror.
The perspectives of what fear brings out.
The horror genre both misdepicts mental illness and also is a way to work through mental illness.
Without mental health issues there will be no horror movies
The impact of mental illness portrayal on own path to healing
We can all find the power to talk back to our monsters- we just have to find it and it can be found in so many places ( film, music, stories, etc)
Monsters are scaring but they can be seen and be made manageable.
Resilience of humans
Having mental illnesses doesn't make us monsters
my monsters are not as powerful as they seem
Some people really like duality and management
That there's a lot of potential to create empathetic portrayals of mental illness in art.
There are ways to live with mental illness without trying to eliminate it.
Films open up conversations in powerful ways
Looking at the way we examine and process our monsters
I liked the last question about what I'd say to my monster.
Face monsters with a "different" perspective
That we need to embrace our fears and face them.
To breathe

<b>How might you use what you learned today?</b>
I think a lot of what I learned today will help me in my own healing journey and support my navigation of the way mental illness presents itself in my life. It has also renewed my creative instinct to begin making my own art again, and it especially restores my confidence to broach these topics once more in my creative work.
I honestly would like to rewatch the Babadook and see how I can connect myself with that ending more. Evaluate what moves I can make to have my darkness so to speak be more back burnered. Nourished because I still am drawn to that side of myself, but nourishing myself as well.

I will watch movies with a new eye and I will work harder to make sure that the people who produce. movies are held accountable for the one sided monster based portrayals of people who have disabilities related to mental illness.
Learn to make peace with my monsters
Will be very useful when it comes to writing character psychologies in my film work. Will add depth and nuance and help avoid archotyping and shallow depictions of mental health themes!
I'm going to make my art and storytelling even more incredibly thoughtful about mental health, so that people can feel more seen and empowered.
Remind myself of the things that I forget from time to time
Creative writing and self exploration.
I will be able to look at myself and try to understand my feelings.
I'm definitely going to watch more horror films to see more of what I learned in action.
Think about what impact horror has on my mental health
Reflect on impact of mental health portrayals in the work I create.
More creativity in interventions with clients as they explore their stories
Community and sharing with talking about horror movies.
If gave me a better sense how to use media to engage discussion on abstractions in mental health.
The difference between genders in coping with mental illness.
I love my "monster" and learn to be friends
look at the bright side more often
I could conceivably lean into becoming a boss
Actually attended because the topic is relevant to a screenplay I'm working on about depicting mental illness and found the insights very useful.
Being less afraid to watch horror films and explore my own darkness safely
Writing is therapeutic for me so I will begin by writing stories where directly or indirectly, I can address my monster.
Will use these thoughts in creating my own work and talking with my monsters.
Looking at horror movies through a different lens.
I feel like I've come across a new way to reflect about my anxiety.
In a clinical setting with veterans who may perceive themselves as a monster
I will use it to better connect to myself
Self love
Explore mental health thru horror on my own

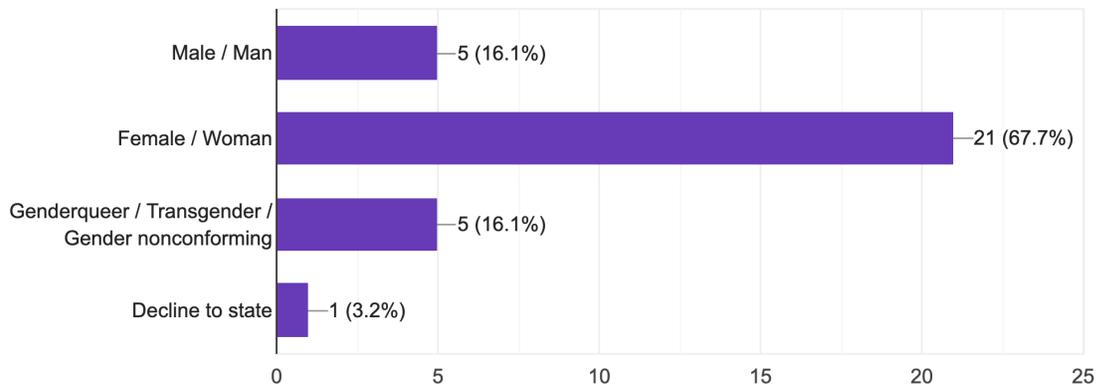
### Age

31 responses



### Gender Identity

31 responses



### Ethnicity

31 responses

