

Transcript of Time to Change Champion video

Background music

Kyle: My name's Kyle and I work for the county council in Communities, Health and Adult social care. (In background "good" to the dogs). I'm 44, I live in Wendover, I've got a wife, two children, two dogs.

I started my life the first 20 years, in and around the commercial private sector, I had a couple of years away, travelled the world, got involved in Buddhism. Came home and found an opportunity to move into special education. We've all been working to a new programme under austerity. The stress of that started to affect my sleep, and that was the main issue for me. Sleep deprivation is used as a form of torture for a good reason. It impairs all your reasoning; it throws all logic out the window. I was erm I was sort of having convulsions. I would drop off to sleep and sort of

jump. The final straw basically w-was that my arm started just involuntary moving, and one particular colleague said "this is quite indicative of what they would call burn out, so actually you need to stop". And I think that kind of contradiction, but primarily the fear of what am I going to do, erm *snaps fingers* something snapped.

In life, you're going along, and the sky is blue and the sea is tranquil, and then you maybe sort of glance, and there's like a couple of clouds coming in, and it's a little bit like that and this is okay, I can deal with that, and then the sky started to sort of turn over a bit and become a bit darker, and this is probably not so good actually, and the waves start to get a little bit choppy, boat gets a bit wobbly, and then the sky turns really black, the sea starts to come in, the ocean starts to swell, and for me, at that point, I felt like I was in a tidal swell where I had gone beyond myself and I was in that boat and that current was taking me onto the rock and there was nothing I could do about it. You're looking for a beacon or something, I

don't know, my children and my wife were a thing that - a very dim and distant light, flickering almost out actually, but yeah that was the thing that got me off the rocks really and got me back. Family, mum and dad, Jenny's family, hugely supportive. Old friends from school who heard about things and started literally dragging me out of the house to play golf, they set up a WhatsApp group together, but they persisted, and they persevered and it mattered.

Doctors, health professionals, they knew what was necessary. And I think probably fundamentally, what was necessary was time. Colleagues erm taking the time and the opportunity to ask how you're feeling. But at the end of the day, we have a responsibility to look for each other as people, to look after each other. And I think that's what most important. I think when you lose sight of that, you lose sight of everything, it's a cliché but a problem shared is a problem halved, especially with a person who gets it and understands and has that

experience, then it's a problem quartered. So, yes I think that's why I believe in time to change.

Yeah, I've got my brain back, I've got my life back, and I've got my motivation and my will to make the absolute most of every minute of every hour, to not worry about what others think, just to get on with it and enjoy it and make the most of it and help as many people as I can.

I think the best thing is that I am now in a position where I can reflect back on an experience that I thought was only going in one direction and erm, Isabella would love me for quoting one direction.