

## Video Guide

### *JOURNEY*

28 minutes, color

What is life all about? Money? Pleasure? Work? The film asks several people who respond with different answers. One woman suggests that life is “finding your way through the maze. ” From this thought evolved the title of the film, “Journey. ” We may all differ in our personal views concerning the meaning of life, but we can agree that finding our way through life can be likened to a maze, new and different for each of us.

The film follows one man in his mini-journey through life. We are able to observe through him, how many of us react to people and situations we encounter. We see that although life can be exciting and challenging it can also have unforeseen problems that may weaken our ability to continue our journey.

Mental illness is such a problem. The film (made by the National Association for Mental Illness) shows some of the manifestations of mental illness, various sources of professional help, and introduces us to new treatment alternatives other than traditional institutionalized care.

A cartoon segment helps us examine some of the fears a person may experience when seeking professional help for mental illness. What are those fears?

Listed below are six topics mentioned in the film:

1. Periodically we come across people who seem rather strange, whose ideas or actions or appearance are very different. Usually we find that as we get more information about them that they do not seem so strange.
2. Sometimes we find that our own behavior seems strange, or that it seems like everything is going wrong, or that we are having trouble sleeping or relating to others. Usually these times pass and looking back we find that our reactions and thoughts were not so unusual under the given circumstances. The understanding we gain from such experiences is a part of maturing. Mature understanding is very useful when we meet another who is suffering.
3. Sudden changes in behavior, long term unhappiness, and inability to cope are some of the signs to be aware of that indicate that another is hurting. A useful idea to keep in mind is that **“troublesome people are people in trouble.”** That troublesome person is trying to protect himself/herself and just can't be told to shape up.
4. There are three things which can be done to help.
  - a. Try to get him/her some help.
  - b. Give him/her sympathetic understanding.
  - c. Give him/her rational understanding. This type of understanding recognizes that a troubled person is more pained by his/her behavior than others but will often not admit it.

