

Reel Girls

SHORT FILM SHOWCASE

★ ★ IDEAS ★ ★

Tell us your story!
 Tell us what matters to you.
 What do you love?
 What or who has influenced your life?
 What do you want us to know?

Below are just a few subjects that may spark an idea in you. Don't limit yourself to this list – let it inspire you!

Mental Health Issues	Virtues	Other suggestions
Abuse	Authenticity	How do you deal with...?
ADD or ADHD	Beauty	Have you found an effective way to deal with life's stresses?
Addiction	Bravery / Courage	Share it with us!
Alzheimer's	Compassion	(e.g. bullying, fear, anxiety, etc.)
Anxiety and Stress	Confidence	
Autism	Creativity	Who do you know?
Bipolar Disorder	Determination / Tenacity	Do you know someone who has a story that we should hear? Tell their story! (e.g. veteran, survivor, professional, etc.)
Depression and Suicide	Dignity	
Eating Disorders & Body Image	Enthusiasm / Passion	What makes you happy?
Grief and Loss	Fairness	Is there something you're passionate about? Tell us why! (e.g. sports, music, horses, etc.)
Huntington's Disease	Faith	
Insomnia	Forgiveness	Remember when...?
Learning Disorders	Friendship	Is there a moment in your life that you'll never forget? Tell us about it- and why it was important to you!
Manias (e.g. kleptomania)	Generosity	(e.g. birthday, concert, trip, surprise, etc.)
Nightmares	Grace	
Obsessive-Compulsive Disorder	Gratitude	Who are you?
Panic Disorder	Happiness / Joy	How do you express who you are? Show us your true colours!
Parkinson's Disease	Harmony	
Perfectionism	Honesty / Integrity	
Phobias and Fears	Humility	
Post-Traumatic Stress	Kindness	
Schizophrenia	Leadership	
Self-esteem / Self-worth	Love	
Sleepwalking	Mercy	
Violence and Trauma	Patience	
	Peace / Serenity	
	Perseverance	
	Reliability	
	Resilience	
	Respect	
	Responsibility	
	Sacrifice	
	Teamwork	
	Tolerance / Understanding	
	Worth	