

5 WAYS TO MENTAL WELLNESS

These simple habits can help you feel better about yourself.



1

Connect with others

Good relationships:

Help you to build a **sense of belonging** and **self-worth**.

Give you an opportunity to share **positive experiences**.

Provide **emotional support** and allow you to support others.

4

Give back

Acts of kindness:

Create **positive feelings** of reward.

Give you a **sense of purpose** and **self-worth**.

Help you **connect** with others.

2

Get moving

Being active:

Raises your **self-esteem**.

Helps you set **goals or challenges** and achieve them.

Causes chemical changes in your brain that **boost your mood**.

3

Learn new skills

Broadening your skill set and knowledge:

Boosts **self-confidence**.

Helps you to build a **sense of purpose**.

Connects you to others.

5

Be mindful

Paying attention to the present moment helps you:

Enjoy life more.

Understand yourself better.

Improve the way you approach challenges.


During the **COVID-19** pandemic South Africans experienced a:

36%
increase in anxiety disorders

39%
increase in major depressive disorders

Source: World Health Organization

If you're struggling with your mental health, see your GP, who can refer you to an appropriate healthcare professional at www.mediclinic.co.za

Source: Ronel Groenewald, a counselling psychologist at Mediclinic Kimberley; www.nhs.uk.

Wellness Comparison For Small Business 45 281 Mental Wellness Examples

Ashley Challinor



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Leadership Wellness and Mental Health Concerns in Higher Education Alexander, Cynthia J., Tureen, Amy, 2022-04-29

Wellbeing is foundational to citizens individual and collective ability to acknowledge address and alleviate ongoing struggles shared risks and the unprecedented challenges of our time A holistic focus on wellness across campus communities is timely and important given that national and global justice movements are calling upon post secondary institutions to address the ways in which education systems have been reproducing dominant narratives reinforcing systemic discrimination and retaliating against education leaders who work to disrupt structural inequalities Leadership Wellness and Mental Health Concerns in Higher Education offers diverse perspectives about whether and how campus leaders around the world are sustaining and advancing health and wellness in unprecedented times and amplifies diverse voices in the exploration of how to advance individual and collective wellbeing in higher education Covering a wide range of topics such as stress management and burnout this reference work is ideal for academicians scholars researchers administrators practitioners instructors and students

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