

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELLNESS

#StayWellStayStrong

Your Healthiest Self: Mental Well-being

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*Inspiring excellence.
Transforming lives.*

Mental Well-being

Mental health helps individuals realise their own abilities, helps them cope with normal stresses of life, increases productivity and promotes happier and healthier lifestyles.

Mental Wellness includes:

- Positive emotions
- Positive functioning;
- Emotional wellbeing; and
- Psychological wellbeing.



#TakeItEasyTuesday

Here are some tips to help increase
your mental well-being.

#CalmingColouring



Here are some relaxing art therapy images to colour in online:

- <https://www.mombooks.com/dp-online-activity/relaxing-art-therapy/?imprint=1>
- <https://www.mombooks.com/dp-online-activity/mandala-colouring/?imprint=1>
- <https://www.mombooks.com/dp-online-activity/art-therapy-adult-colouring-book/?imprint=1>
- <https://www.mombooks.com/dp-online-activity/art-therapy-postcards/?imprint=1>
- <https://www.mombooks.com/dp-online-activity/colour-therapy-postcards/?imprint=1>

If you prefer to colour in at home find attached some downloadable colouring pages.

#PeacefulPuzzling

Here are some relaxing puzzles to build online:

- <https://www.jigsawplanet.com/?rc=play&pid=380f37510f00>
- <https://www.jigsawplanet.com/?rc=play&pid=34fd53fedba7>
- <https://www.jigsawplanet.com/?rc=play&pid=34a70acd083b>
- <https://www.jigsawplanet.com/?rc=play&pid=17321b273201>

#BeneficialBingo

Find attached Self-Care Bingo for you to help increase your self-care.



#CaringChallenge

Find attached a two week Mental Health Challenge to help increase your overall mental health.



#SoothingScavengerhunt

Find attached a Gratitude Scavenger Hunt to help increase your overall mental health.

