

#UFSCARESABOUTMENTALHEALTH

WHAT IS THIS YEAR'S MENTAL HEALTH AWARENESS WEEK ALL ABOUT?

NATURE AND THE ENVIRONMENT

The evidence is clear that access to nature is crucial for our mental health and millions of people re-discovered that during lockdowns this year. However, this was not the same for all of us. We want to explore what the barriers are and ensure everyone is able to share in the natural world and experience mental health benefits.

THIS WEEK (10-16 MAY) WILL BE AN OPPORTUNITY TO OPEN OUR EYES TO THE POWER OF NATURE.

WHAT CAN YOU EXPECT THIS WEEK:

- Daily 10-minute practical tips/exercises/videos/information on how to improve your mental health via the environment.
- This will be sent to you via HR Communicator and you can download it on our website by following this link: <https://www.ufs.ac.za/supportservices/departments/human-resources-home/od-employee-wellness/2021-well-being-initiatives>

