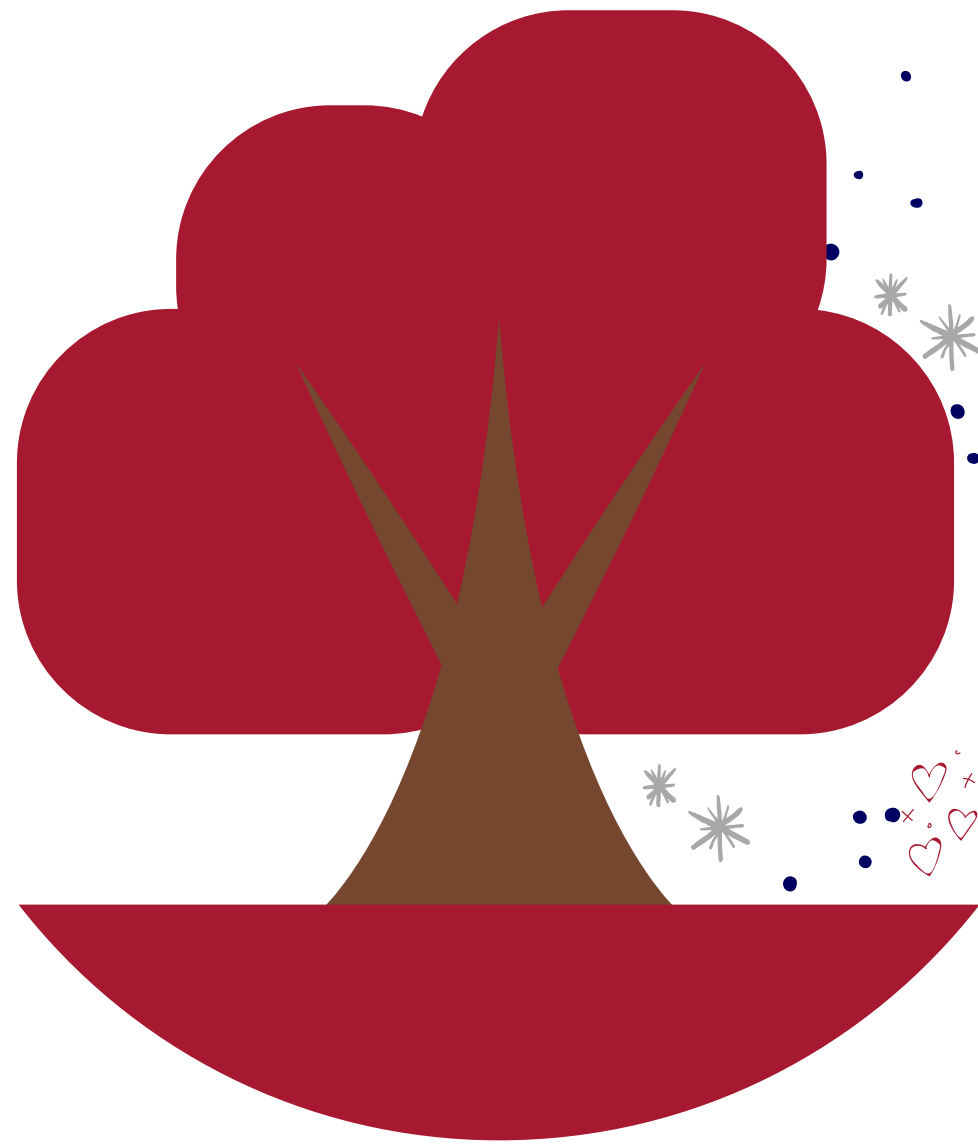


#MENTALHEALTHANDNATURE



# MENTAL HEALTH AWARENESS WEEK: MONDAY

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELL-BEING



T: +27 51 401 2537 | E: niemancl@ufs.ac.za | [www.ufs.ac.za](http://www.ufs.ac.za)

 UFSUV |  UFSweb |  UFSweb |  ufsuv

*Inspiring excellence.  
Transforming lives.*

UNIVERSITY OF THE  
FREE STATE  
UNIVERSITEIT VAN DIE  
VRYSTAAT  
YUNIVESITHI YA  
FREISTATA



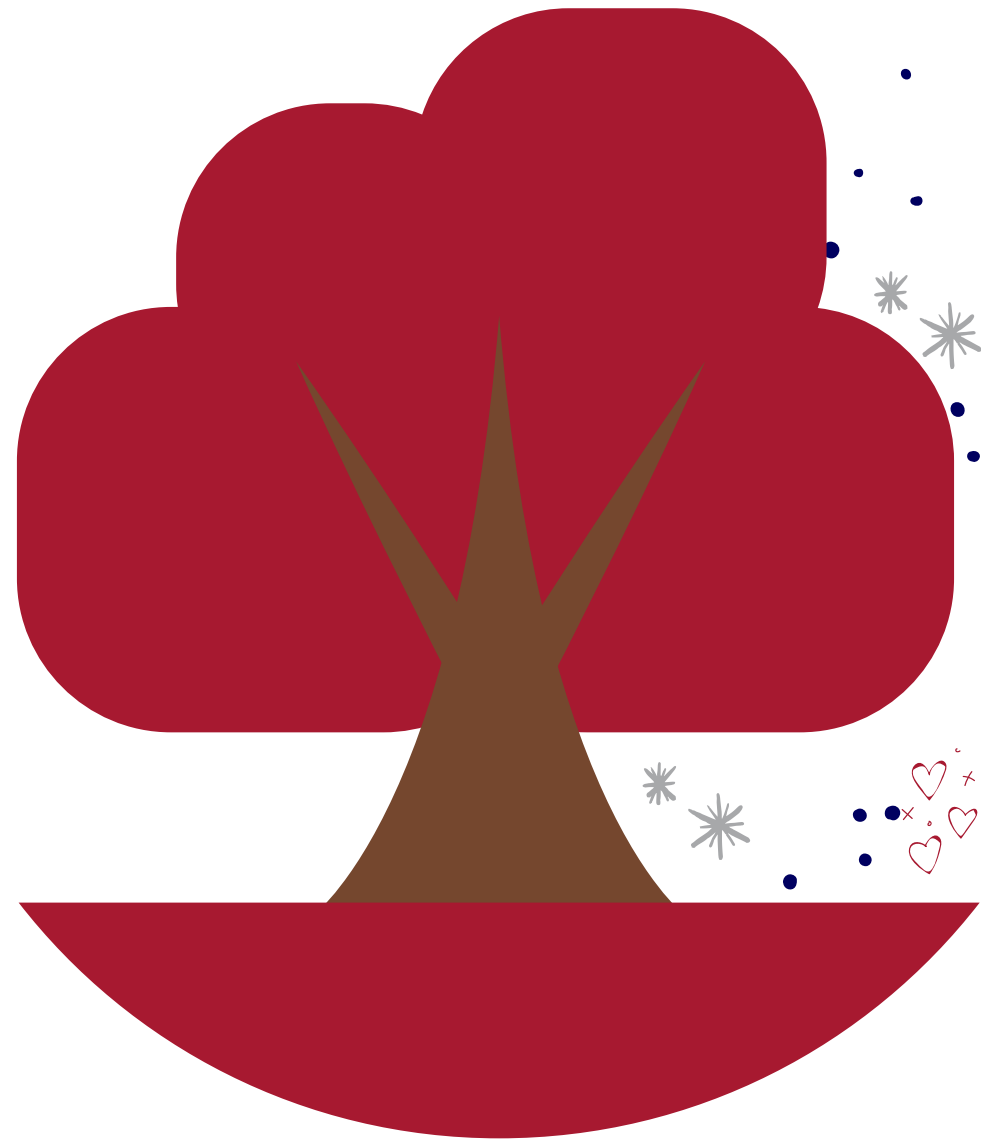
**UFS**  
ORGANISATIONAL DEVELOPMENT  
AND EMPLOYEE WELL-BEING



**WATCH ME!  
MENTAL HEALTH BENEFITS OF  
GETTING OUTSIDE**

<https://www.youtube.com/watch?v=RV5MEP3Bgkc>

#MENTALHEALTHANDNATURE



ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELL-BEING

**THANK YOU!**

**REMEMBER TO USE  
NATURE TO IMPROVE  
YOUR MENTAL HEALTH**

T: +27 51 401 2537 | E: niemancl@ufs.ac.za | [www.ufs.ac.za](http://www.ufs.ac.za)

 UFSUV |  UFSweb |  UFSweb |  ufsuv

*Inspiring excellence.  
Transforming lives.*

UNIVERSITY OF THE  
FREE STATE  
UNIVERSITEIT VAN DIE  
VRYSTAAT  
YUNIVESITHI YA  
FREISTATA



**UFS**  
ORGANISATIONAL DEVELOPMENT  
AND EMPLOYEE WELL-BEING