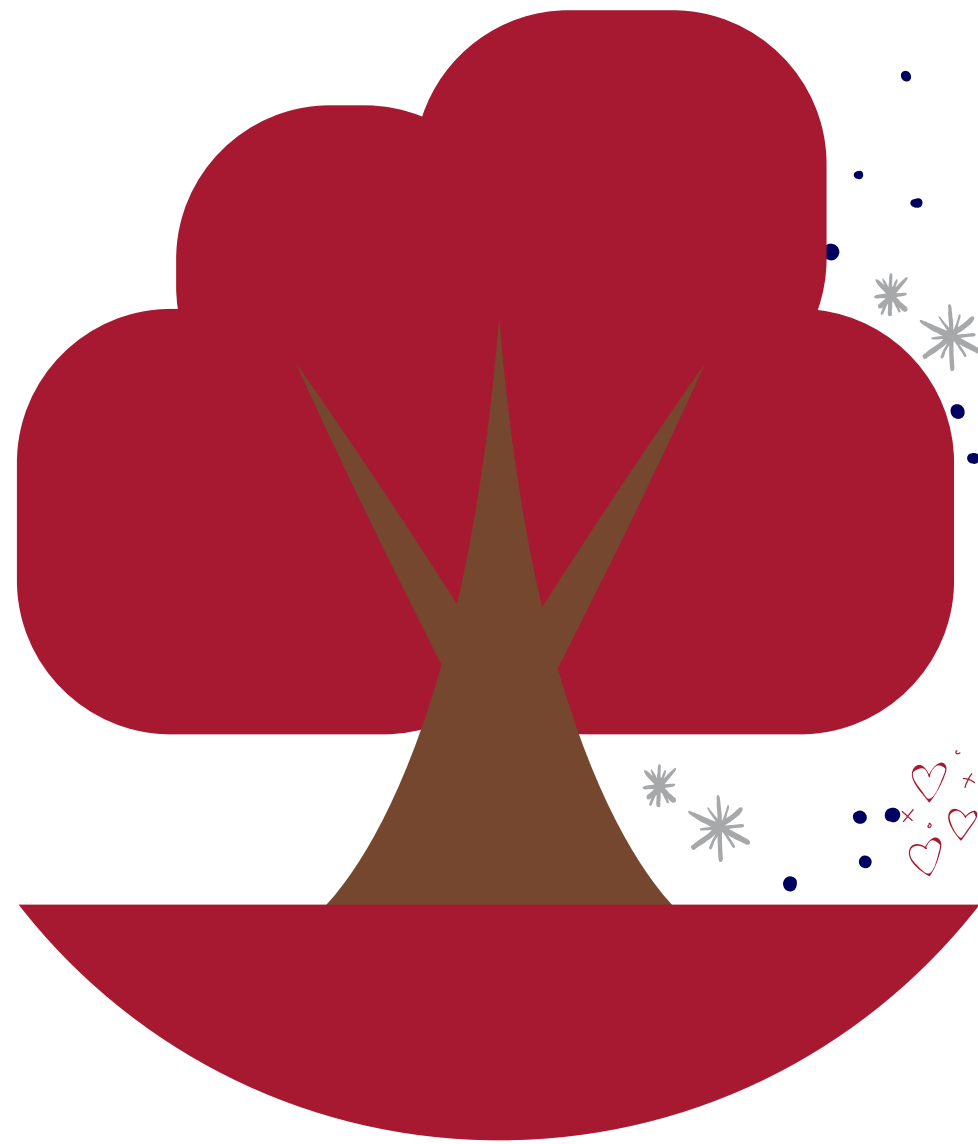


#MENTALHEALTHANDNATURE



MENTAL HEALTH AWARENESS WEEK: WEDNESDAY

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELL-BEING



T: +27 51 401 2537 | E: niemancl@ufs.ac.za | 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!
NATURE AND WELLNESS
BREATHING MEDITATION**

<https://www.youtube.com/watch?v=bZ-6IF1XCoQ>

#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

 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