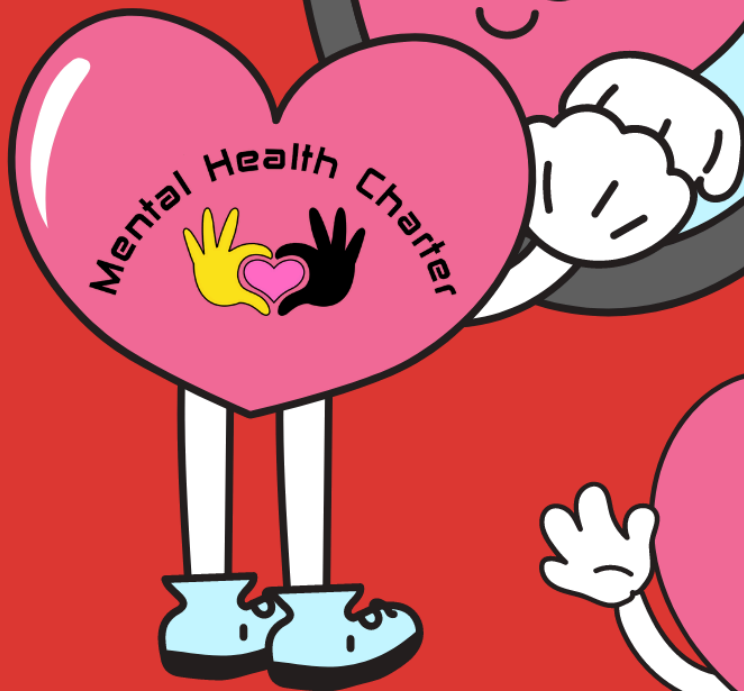


Self Love & Mental Health



Self-love is like being your own best friend. It means treating yourself with kindness and being nice to yourself, just like you would to your friends.

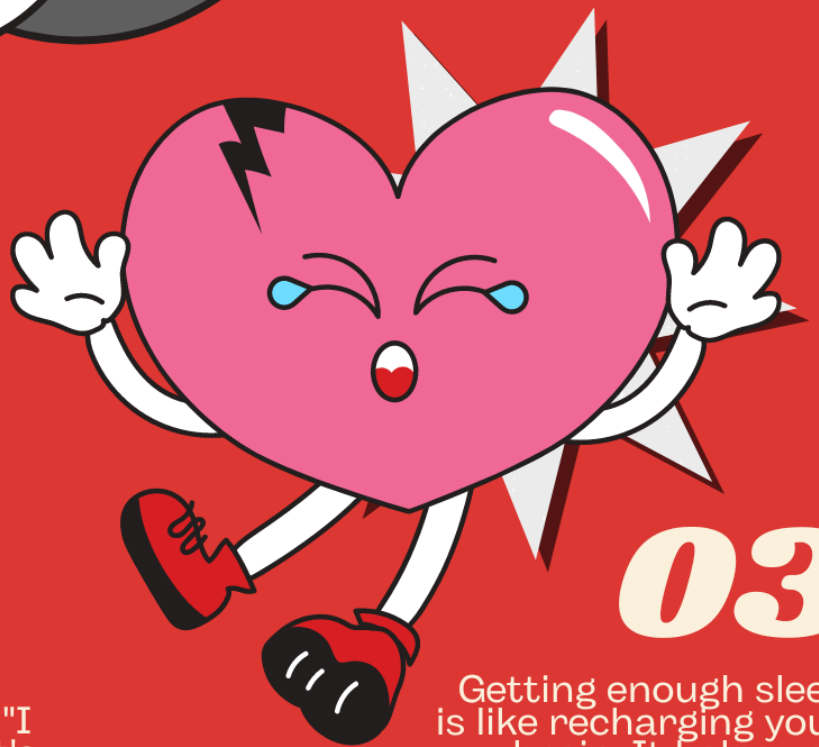


01

Treat yourself as you would treat your best friend. Be gentle with your thoughts and words about yourself.

02

Say nice things to yourself, like "I am strong" or "I am capable." It's like giving yourself a pep talk.



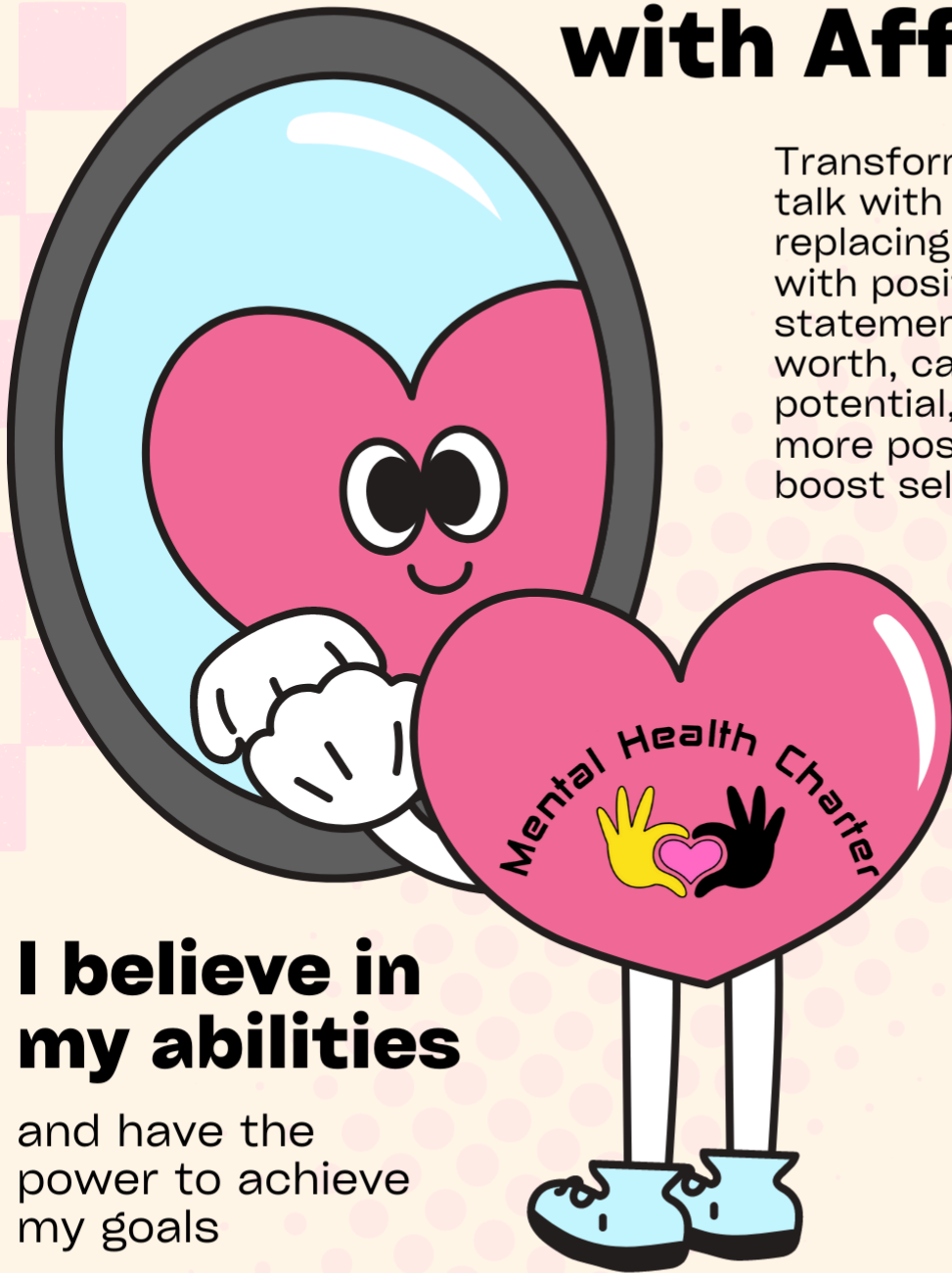
03

Getting enough sleep is like recharging your brain. It helps you think clearly and feel less stressed.

Transforming

Negative Self-Talk with Affirmation

Transforming negative self-talk with affirmations involves replacing self-critical thoughts with positive and empowering statements. By affirming your worth, capabilities, and potential, you can cultivate a more positive mindset and boost self-confidence.

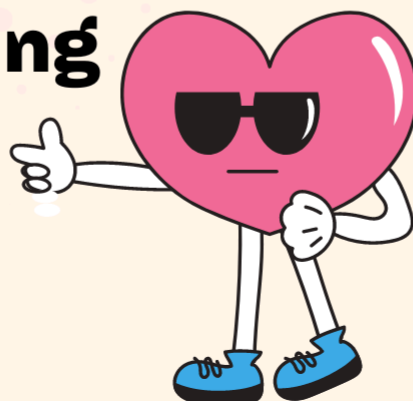


**I believe in
my abilities**

and have the
power to achieve
my goals

**I am deserving
of success**

and abundance in
all areas of my life.



**I am
worthy of
love,**

respect, and
happiness.



MINDFUL AFFIRMATIONS

POSITIVE THOUGHTS TO START YOUR DAY



I APPRECIATE TODAY AND
HOW I FEEL



I WILL SHOW MYSELF
COMPASSION



I AM PRESENT IN THIS
MOMENT



I WILL FOCUS ON WHAT
BRINGS ME JOY



I AM CALM AND
PEACEFUL



I WELCOME TODAY'S
OPPORTUNITIES



I ACCEPT MY THOUGHTS
AND FEELINGS



I AM CONNECTED TO
WHAT SURROUNDS ME



I AM GRATEFUL FOR
WHO I AM



A MINDFUL WEEK

M

Say something kind to yourself.

T

Write down something you are grateful for.

W

Find a moment to take five deep breaths.

TH

Do a quiet and calming activity you enjoy.

F

Celebrate something you achieved this week.

S

Observe what you see, hear, and smell outside.

S

Something you can accomplish next week.

EAT WELL



REFRESH

Take mini breaks
throughout the day



REST



Mental Health Charter



SELF CARE

THE ART OF PAYING ATTENTION TO
YOU AND YOUR NEEDS

FEED YOUR SPIRITUAL SELF



WIND DOWN

Engage in calming
activities to decompress
after work or school



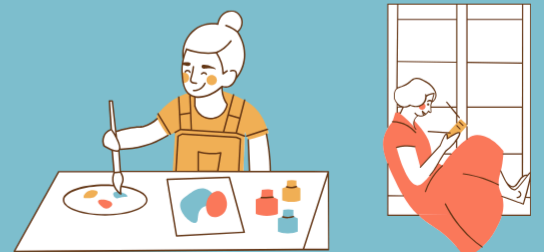
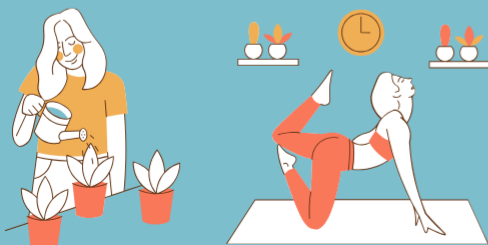
SOCIAL

Spend quality time with
special people



KNOW YOURSELF

Do more of what
brings you joy



Remember, the journey towards a better life starts with understanding oneself and embracing growth opportunities.

STAY ACTIVE!

HEALTHY HABITS FOR WELL-BEING

BE GENTLE WITH YOURSELF

Mental Health Charter

SLEEP WELL

02

PRIORITIZING MENTAL HEALTH



- Seek support from trusted individuals or professionals.
- Practice stress reduction techniques, such as journaling or talking openly about emotions.
- Engage in activities that promote relaxation and self-care.

01

NURTURING PHYSICAL HEALTH

- Prioritize regular exercise and physical activity.
- Maintain a balanced and nutritious diet.
- Get adequate sleep for optimal cognitive and physical functioning.

03

MAINTAINING HEALTHY

- Having a bedtime routine, avoiding screen time or heavy exercise right before bed, and lying down in a quiet, dark room all help promote better sleep.
- Exercise at least three times a week to maintain a healthy life.

STAY ACTIVE

HEALTHY HABITS

FOR A HEALTHY LIFE



STAY ACTIVE!



Nurturing Physical Health

Remember, the journey towards a better life starts with understanding oneself and embracing growth opportunities.

Maintain a balanced and nutritious diet.

Prioritise regular exercise and physical activity.

EAT YOUR VEGGIES



Mental Health Charter



WORLD MENTAL HEALTH DAY

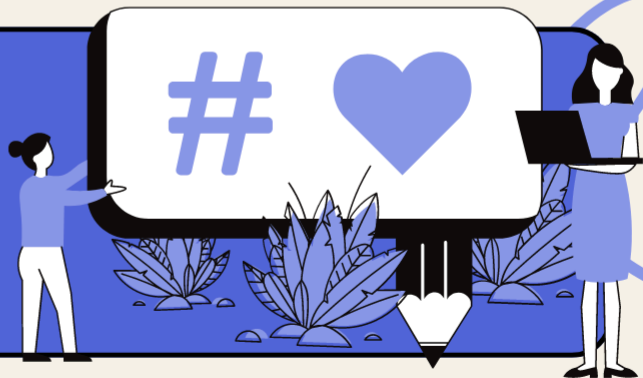




Daily Time Wasters: Things to Avoid

Excessive Social Media Usage

Spending too much time scrolling through social media feeds can be a significant time drain.



Multitasking

Contrary to popular belief, multitasking can be counterproductive. Dividing your attention between multiple tasks can reduce focus and productivity, leading to time wasted on incomplete or poorly executed work.



Procrastination

Delaying tasks and putting off important responsibilities can lead to wasted time. Procrastination often results in rushed work or missed deadlines, causing unnecessary stress and inefficiency.

Excessive Meetings & Unproductive Discussions

Meetings that lack clear agendas or stretch longer than necessary can consume a significant portion of your day. Similarly, engaging in unproductive discussions or gossip can be a time sink.



5 Tips for Managing



YOUR MONEY MORE BETTER

01



CREATE A BUDGET

Develop a monthly budget that allocates funds for necessities, savings, and discretionary spending.

02

SET FINANCIAL GOALS

Define short-term and long-term financial goals. Having specific objectives helps you stay focused on your financial priorities.

03

BUILD AN EMERGENCY FUND

Save at least six months' worth of living expenses. An emergency fund provides a financial safety net for unexpected situations.

04

REDUCE DEBT



Develop a plan to pay down high-interest debt. Consider debt consolidation strategies to lower interest rates.

05



INVEST WISELY

Explore investment options. Diversify your investments to manage risk and work toward long-term financial growth.

06

EDUCATE YOURSELF

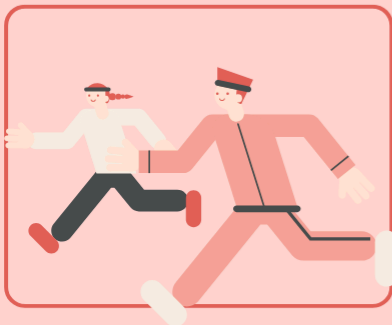
Continuously improve your financial literacy. Stay informed about personal finance topics and seek professional advice.



EVERYONE'S EXPERIENCE WITH STRESS AND ANXIETY IS UNIQUE, SO FIND WHAT WORKS BEST FOR YOU. INCORPORATING THESE SIMPLE STRATEGIES INTO YOUR ROUTINE CAN HELP PROMOTE RELAXATION AND OVERALL WELL-BEING.



SIMPLE WAYS TO RELIEVE *Stress and Anxiety*



THE BENEFITS ARE STRONGEST WHEN YOU EXERCISE REGULARLY. PEOPLE WHO EXERCISE REGULARLY ARE LESS LIKELY TO EXPERIENCE ANXIETY THAN THOSE WHO DON'T EXERCISE.

USING ESSENTIAL OILS OR BURNING A SCENTED CANDLE MAY HELP REDUCE YOUR FEELINGS OF STRESS AND ANXIETY.



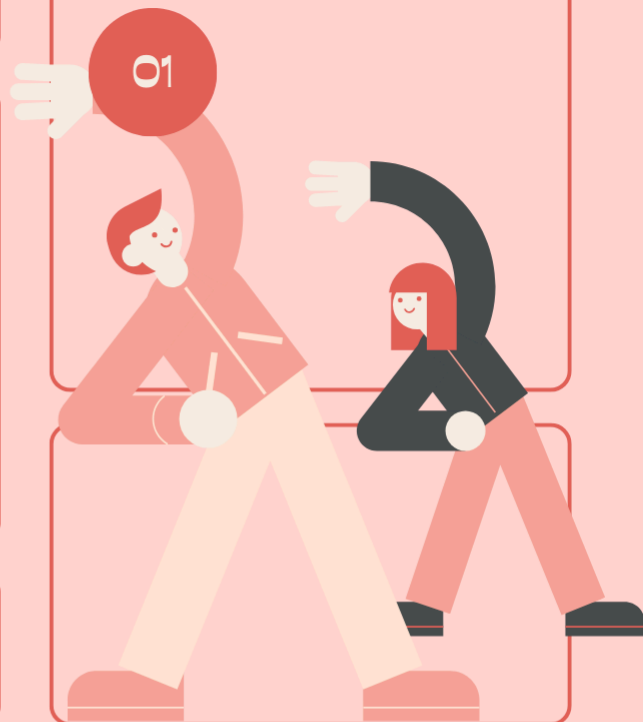
02

03

REACH OUT TO TRUSTED FRIENDS, FAMILY MEMBERS, OR SUPPORT GROUPS. SHARING YOUR FEELINGS AND CONCERNS WITH OTHERS CAN PROVIDE COMFORT AND PERSPECTIVE.

04

ENGAGE IN ACTIVITIES YOU ENJOY, SUCH AS READING, LISTENING TO MUSIC, PAINTING, OR PRACTICING A HOBBY. TAKING TIME FOR YOURSELF AND DOING THINGS YOU LOVE CAN HELP REDUCE STRESS.



PERSONAL GROWTH AND LEARNING

Dedicate time to personal development activities, such as reading books, attending classes or workshops, or pursuing hobbies.



PURSuing PASSION PROJECTS

Use your free time to engage in activities that ignite your passion and bring you joy.



BUILDING RELATIONSHIPS

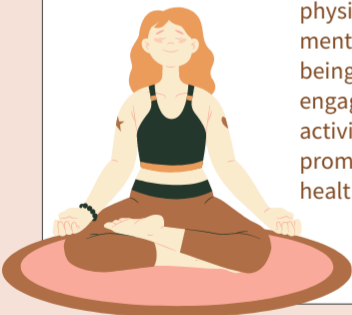
Spending quality time with important people in your life can strengthen bonds, offer support, and create lasting memories.



YOUR LIFE IS BUILT BY: WHAT YOU DO AFTER YOUR WORK HOURS

HEALTH AND WELLNESS

Prioritize your physical and mental well-being by engaging in activities that promote a healthy lifestyle.



GIVING BACK AND VOLUNTEERING

Consider engaging in community service or volunteering for causes you are passionate about.

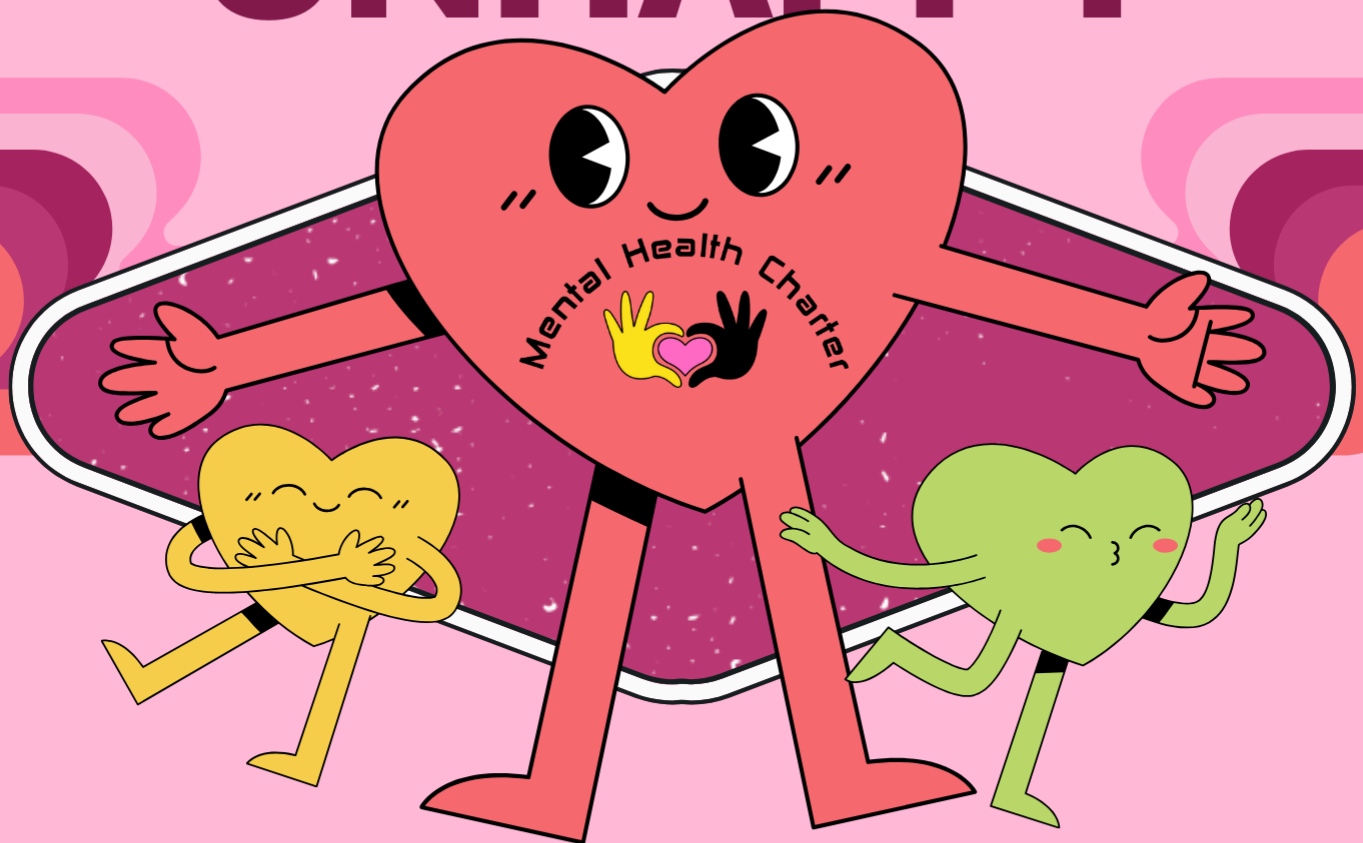


RELAXATION AND RECREATION

Allow yourself time for relaxation and recreation to recharge and rejuvenate.



SOME HABITS THAT MAKE YOU UNHAPPY



COMPARISON AND ENVY

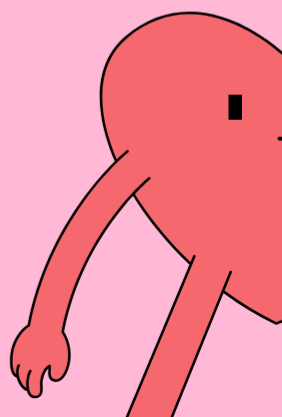
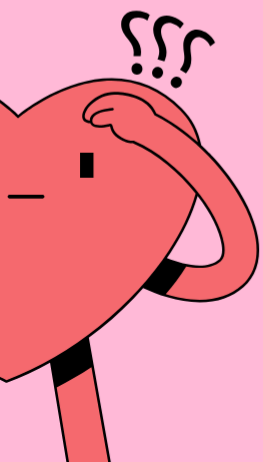
It can make you unhappy because you're focusing on what you lack instead of appreciating what you have.

DWELLING ON THE PAST

It can make you unhappy because it keeps you stuck in those negative moments instead of moving forward.

NEGATIVE SELF-TALK

It can make you unhappy because it lowers your self-esteem and makes you feel bad about yourself.





When You Struggle With Mental Health Know That...

01

It's okay to ask for help

Seeking support from friends, family, or a mental health professional is a sign of strength.

02

Self-care is crucial

Take time to rest, exercise, and engage in activities you enjoy to maintain good mental health.

03

Recovery is possible

With the right treatment and support, many individuals can recover from mental health challenges and lead fulfilling lives.

