



WELLNESS CHECK-IN

STIGMA & AWARENESS

| | |
|--------------------------|---|
| Catch up | What is mental health, and dispelling the stigmatisation associated with mental health. Download Presentation |
| Catch up | Coping mechanisms for stress, anxiety and depression Download Presentation |
| Catch up | Identifying potential triggers for stress, anxiety and depression Download Presentation |
| Read | Mental Health and how to cope better at work and home |
| Read | Living a life filled with soul, flow and grace |
| Read | Why is the 'WHY' so important by Dr Kirsten van Heerden |
| Read | Living your purpose |
| Podcast | Anxiety and Depression |
| Podcast | Jonny Jacobs - Ending the stigma around mental health. |
| Catch up | The impact of Mental Health on the economy |
| Catch up | Coping with anxiety-Life is Tough, but so are you |
| Catch up | Mindful Masculinity: Exploring Men's Mental Health |



WELLNESS CHECK-IN

WELLNESS IN THE WORKPLACE

[Catch up](#)

Social licenses and psychological safety in your workspace

[Catch up](#)

Job stress is causing the economy billions! How can Employers help?

[Catch up](#)

Getting into 'Flow': the zone of optimal performance

[Catch up](#)

Your mental health during crisis

[Catch up](#)

Mental Health in the workplace.

[Catch up](#)

Mental Toughness

[Catch up](#)

A Healthy Business Model

[Catch up](#)

Employee wellness and productivity



WELLNESS CHECK-IN

EMOTIONAL REGULATION

| | |
|--------------------------|--|
| Catch up | Creating happiness in challenging times Download presentation |
| Catch up | Why EQ (emotional intelligence) is important for success . Download Presentation |
| Catch up | Emotional Flexibility Download Presentation |
| Catch up | Why Relationships are difficult and what we can do about it. |
| Catch up | Why a High Emotional Quotient to Thrive in a D-VUCAD World. |
| Catch up | Building your resilience and fostering wellbeing |
| Read | Yoga for stress relief |
| Read | Working to live, not living to work |
| Podcast | Creating happiness in challenging times |
| Podcast | Emotional Flexibility |
| Catch up | How core beliefs shape our behaviour |
| Catch up | Mental toughness vs mental flexibility |
| Catch up | Leading for wellbeing: Managers have a significant impact on mental health. |
| Catch up | Finding resilience amidst turbulence |



WELLNESS CHECK-IN

WOMEN AND MENTAL WELLBEING

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|--------------------------|--|
| Catch up | Mental wealth survival guide for Moms |
| Catch up | The gender impact on mental health and wellbeing |
| Read | Always ready to ROAR |
| Read | Be your unique authentic self |
| Read | Thriving in the new Normal |
| Catch up | Women and their Mental Health |



WELLNESS CHECK-IN

REWIREMENT

[Catch up](#)

Rethinking disruption and how to improve productivity in the work place.

SELF REFLECTION

[Catch up](#)

The cultural impact on Wellbeing

[Catch up](#)

The impact of Financial Distress on Mental Wealth

[Catch up](#)

The impact of mental health on the economy



WELLNESS CHECK-IN

ADDITIONAL RESOURCES

| | |
|------------------------------|---|
| Register now | The VIA Character Strengths Survey |
| Watch now | Asking the right questions - Simon Sinek "Start With Why" |
| Read more | Susan Davids |
| Watch Now | The gift and power of emotional courage Susan David |
| Read more | South African Depression and Anxiety Group |
| Watch Now | Asking the right questions - Simon Sinek "Start With Why" |
| Watch Now | Brené Brown - Today I'll choose courage over comfort |
| Read more | Calm your anxious mind – breathing techniques |
| Read more | Emotional Intelligence by Daniel Goleman |
| View now | Roar by Marilise de Villiers CA(SA) |
| View now | Seven habits of highly effective people by Stephen Covey |
| View now | 12 Rules for life by Jordan B |
| Read now | ABC Model of Cognitive Behavioral Therapy |
| Read now | Whistle-blower protection |
| Read more | SADAG (South African Depression and anxiety group) |
| Read more | SAFMH (SA Federation for Mental Health) |