



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
Catch up	Improving Mental Health as a young professional



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



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WOMEN AND MENTAL WELLBEING

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)