

Take Notice:
of the world
around you.

Keep Learning:
Book a 'Provoking
Thought'
workshop

Be Active:
Go for a run or a
walk. Get outside

Give:
Do a good deed.
Thank someone,
Smile, Volunteer

Connect:
With the
people
around you.
Visit friends/
family

WELL-BEING
MENTAL HEALTH FIRST AID
WORK LIFE BALANCE
amh **STRESS AWARENESS**
MENTAL HEALTH
POSITIVE SUPPORT **AWARENESS**
PERSONAL RESILIENCE
EMPOWERMENT CONFIDENCE
SAFETALK PRODUCTIVE
MINDFUL MANAGER
ENJOYMENT FULFILMENT
PROSPERITY
PROVOKING THOUGHT
ENCOURAGEMENT



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