

WHAT YOU WATER, GROWS

6 Ways to Invest in Your Mental Health

YOUR BODY

Rest, move, and
nourish yourself

YOUR CONNECTIONS

Spend time with
people who lift you

YOUR THOUGHTS

Speak to yourself with
kindness



YOUR CALM

Take moments to
breathe and be still

YOUR PASSIONS

Do what sparks
joy and creativity

YOUR FUTURE

Set small goals and
celebrate progress

START TODAY

Choose one thing to water,
and watch your wellbeing
grow.



COACHING | COUNSELLING | HEALTH INFORMATION | ADVICE

Call **0860 111 322**

WhatsApp (Text) 061 438 7903

Callback *134*20068#

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SAVE THE
DETAILS

