

FIRST CABNIET MEETING
MD 19 DI
AUGUST 19,2023

District Governor Mike , 1st VDG Jennifer, 2nd VDG Chuck, Cabinet Members and Fellow Lion:

As your new Chair for Mental Wellness I will try yo do my best to keep you informed. If a question

comes up please send it to me and i will do my best to get an answer.

Why is mental wellness important?

Mental health includes our emotional, psychological,and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress,relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

How do you identify mental health wellness?

Mental wellness is characterized by thinking, feeling, connecting, and functioning in ways that help us to be resilient an to grow and flourish. For most, mental wellness means you experience in a healthy manner.

MENTAL---- HOW YOU THINK, PROCESS, UNDERSTAND,AND USE INFORMATION

Not even the tip of the iceberg but I hope it is of some use.

RESPECTFULLY SUBMITTED
PZC MARGARET ASHLEY