

Hello to everyone.

Mental Wellness

DG Chuck, VDG Steve, Fellow Lions and guests.

What is Mental Wellness:

Mental Wellness, recognizes the integrated and holistic nature of our health and well-being. The state of our mind affects our body and vice versa. Sometimes when our circumstances change, we need to adopt new practices or strategies to handle the stress, improve resilience and deal with adversity.

Improve your mental well-being by some of the following ideas:

Try to relax and reduce stress

Find ways to be creative

Spend time with nature

Connect with others

Look after your physical health

Improve your sleep.

Please to not suffer alone!!!!!!

Reach out to friends ,family your doctor and keep the number 988 with you at all times.

Respectfully submitted

PZC Margaret Ashley