

A Healthy Mind Matters



Healthy living isn't only about looking after your body - it's also about taking care of your mind.

Life can be busy and stressful, making it easy to neglect our mental wellbeing. This week, challenge yourself to slow down, be present and make time for activities that help you feel calmer and more positive.

Remember, asking for support, taking a break or simply getting outside for some fresh air are all signs of strength, not weakness.

Small moments of self-care each day can make a big difference over time.

Simple Ways to Support Your Mental Well-being

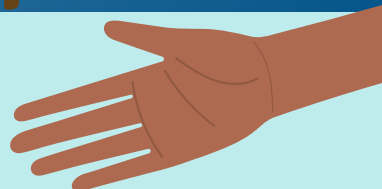
- Take a few minutes each day to relax or practise deep breathing.
- Move your body - physical activity can help reduce stress and improve your mood.
- Aim for 7-9 hours of quality sleep each night.
- Stay connected with family, friends or colleagues.
- Practise gratitude by reflecting on something positive each day.
- Spend time outdoors and enjoy nature where possible.
- Take regular breaks from screens and social media.



SIGNS YOU MAY NEED TO SLOW DOWN

It's okay to ask for help if you're experiencing:

- Feeling overwhelmed or constantly stressed.
- Trouble sleeping.
- Difficulty concentrating.
- Feeling irritable or anxious.
- Loss of motivation or enjoyment in activities you usually like.



HEALTHY HABIT OF THE WEEK

Spend at least 10 minutes each day doing something that helps you relax, whether that's taking a walk outside, practising deep breathing, reading a book or simply sitting quietly without distractions.



WEEK 5 CHALLENGE:

A Healthy Mind Matters

WALK, TALK & WIN

Looking after your mental wellbeing is easier when you connect with others.

- Take a photo of yourself walking with a friend, colleague, family member or even your furry friend.
- Share your picture via email to HLC@dbbs.co.za by **Friday 2 October** and stand a chance to win a **R500 voucher!**

One lucky winner will be selected.



QUICK HEALTH FACT

Regular physical activity, spending time in nature and practising gratitude have all been shown to reduce stress and improve mental wellbeing.



REMEMBER:

A short walk, good company, and fresh air can do wonders for your mental wellbeing.



FEELING STRESSED OR ANXIOUS?

PRACTISING RELAXATION TECHNIQUES CAN HELP YOU FEEL BETTER

Does your mind sometimes go blank when you think of things that frighten you or make you nervous? Or maybe your heart starts to beat really fast, your legs feel weak and your palms begin to sweat?

It is normal to feel this way under these circumstances, because this is your body's natural response to stress and anxiety.

You can help ease these symptoms by practising these relaxation techniques:

If your stress and anxiety feel out of control, get help!



BREATHE DEEPLY

Breathe in deeply, feeling your stomach expand. Hold your breath for a few seconds, and then slowly breathe out. Feel the tension leave your body as you exhale.



STRETCH YOUR BODY

Sit up straight in a chair with your legs slightly apart. Slowly lower your upper body and place your head between your legs. Sit like that for a few seconds, then slowly roll up again, starting at the base of your spine, until your back is straight. Repeat until your body feels relaxed.



POSITIVE SELF-TALK

When you are stressed, do you say things like, 'I can't do this' or 'I can't cope'? These negative thoughts can increase your feelings of anxiety. Try saying 'I know I can do this' or 'everything is going to work out' in these situations.



MEDITATE

Close your eyes and listen to your breath as you breathe in and out. Keep focusing on your breath and picture in your mind a peaceful scene, like a beautiful beach or a lake, forest or mountains. Keep your attention on your breathing and this picture for five minutes.



RELAX YOUR MUSCLES

Sit or lie in a relaxed position. Now tense the muscles of your feet as hard as you can then relax them. Do you notice a difference in the feeling? Repeat this same exercise moving up your body, from your legs to your arms, stomach, back, neck and head. When you are finished, sit quietly for a few minutes.



Benefit Society members can access various mental health benefits - read more on page 24 & 48 of the Member Guide.



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Life Health Solutions



Participation in this health and wellness challenge is voluntary and undertaken at your own risk. The De Beers Benefit Society does not accept any responsibility or liability for injuries, illnesses or other health-related issues that may arise from participation. Members are encouraged to consult with a healthcare professional before making significant changes to their exercise or dietary routines.