



Sailing Ships



NURTURE YOUR MENTAL HEALTH

SAD: **Seasonal Affective Disorder:**

Ways to Ease SAD



- **Keep to a Regular Schedule**
- **Stay in a well-lit environment**
- **Maintain a healthy diet**
- **Keep in touch with loved ones**

TIPS FOR THE MONSOON SEASON

- ☁️ **Feel gratitude within the storm**
- ☁️ **Keep your surroundings bright**
- ☁️ **Limit screen time to reduce drowsiness**
- ☁️ **Get moving in any form of exercise**

**THIS JUNE:
LIGHTHOUSE
CENTRE
CELEBRATES**

- ~ **Pride**
- ~ **Alzheimer's and brain awareness**
- ~ **Men's health awareness**
- ~ **Post traumatic stress disorder**



FIVE SIGNS OF GOOD MENTAL HEALTH

- You stay confident when faced with unusual conditions or people
- You feel hopeful
- You do not blame others and take charge of situations yourself
- You establish goals for yourself and act upon them
- You feel happy about yourself



WORKPLACE STRATEGIES TO IMPROVE OUR MENTAL HEALTH



- Focus more on the positive side
- Form a healthy workspace for your mind
- Pay attention to your colleagues and be ready to help them
- Encourage employees to take breaks
- Speak openly about mental health