

WHAT INFLUENCES YOUR MENTAL HEALTH?



AT A GLANCE:

Course length: 15-20 mins

Video length: 3-5 mins

Languages: English

Mental Health Collection for Employees

Proactive tips to help you stay healthy, mentally.

What's included?

- Bite-size videos
- Interactive exercises
- Knowledge checks
- Workshop guide
- Series infographic

ABOUT THIS COURSE

Your mental health is influenced by different variables every day that move us along the continuum. However, there are 3 key factors that can overlap to influence your mental health.

KEY INSIGHTS

- **Your Environment**
- the places you live and work and the relationships you have.
- **Your Biology**
- your genes and the way they are expressed.
- **Your Experiences**
- the things that happen to you; especially in your early life.

“In its simplest form, Mental Health is about feeling good and functioning effectively.”
Dr Hazel Harrison

WHO AND WHY

For any employee looking to understand how they can nurture their own positive Mental Health.