

Week #1

Good Morning,

Welcome to the Challenge of Change Mental Wellness eCampaign!

Daily demands and responsibilities can be a challenge to balance. You may find yourself switching from task to task; role to role. Get tips and advice on how to maintain realistic expectations and find a routine that works for you.

Click on the attachment!

Have a great day!

Week #2

Good Morning,

Life is continually throwing us curveballs. At times it may feel like we're at the mercy of circumstance and external pressures. This week be inspired to take back control, stay focussed and take action.

Click on the attachment!

Have a great day!

Week #3

Good Morning,

Sometimes the best way to invite more meaning and purpose into your life is to slow down. This week be inspired to do so.

Click on the attachment.

Have a great day!

Week #4

Good Morning,

Kindness and compassion towards ourselves and others goes a long way in promoting well being. We should be finding new opportunities to grow and spread it!

Click on the attachment for practical ways to do so.

We hope you've enjoyed the Challenge of Change Mental Wellness eCampaign!

Have a great day!