

MENTAL HEALTH TIPS

WELLNESS:

A way of life, oriented towards optimal health and wellbeing in which the mind, body and spirit are meaningfully integrated in a purposeful manner. The key principle here is to achieve dynamic balance among all aspects of an individual by adopting a holistic approach to life.

SMSPE WELLNESS WHEEL

Social wellness

make use of your social networks

Spiritual wellness

Find purpose, meaning, prayer

Mental wellness

Time management, puzzles

Physical wellness

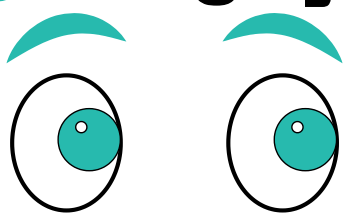
Eating nutritious food, moving your body

Emotional wellness

Mindfulness, journaling, Using the "Worry Bin" Therapy



5 Things you can see



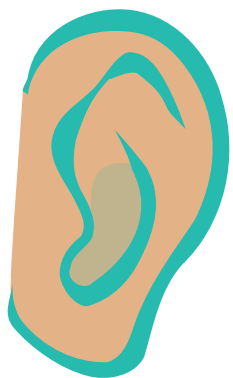
4 Things you can touch



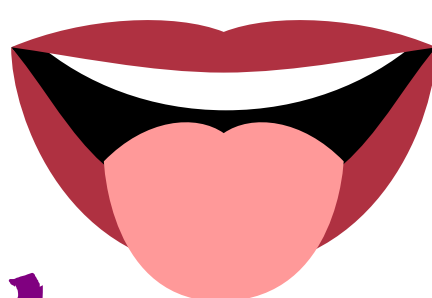
GROUNDING TECHNIQUES

using senses to find ways to reconnect with your body and self soothe

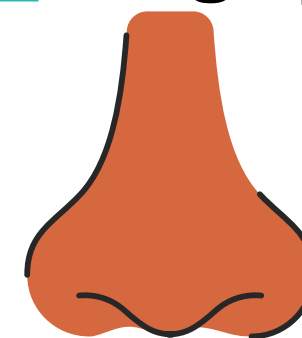
3 Things you can hear



1 Thing you can taste



2 Things you can smell



#ruwell?

Mental health and wellness may be attained through intentional and balanced self care.

MENTAL HEALTH TIPS



DOPAMINE

PLEASURE AND REWARD

- Celebrating small wins
- Eating healthy
- Sleep hygiene



OXYTOCIN

LOVE HORMONE

- Meaningful conversation
- Quality time with loved ones
- Affection and touch



HAPPINESS CHEMICALS AND HOW TO HACK THEM



SERETONIN

MOOD STABILIZER

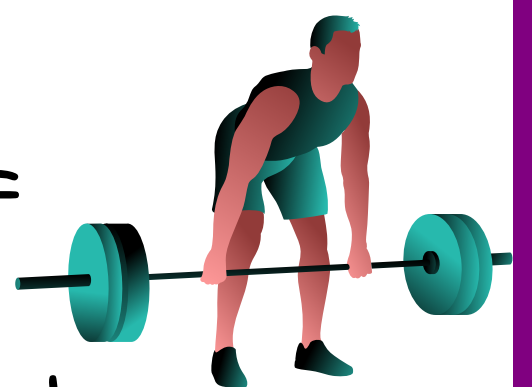
- Practicing Meditation
- Visualizing good memories
- Be in safe, soothing nature

FEELING ZEN

ENDORPHINE

NATURAL PAIN RELIEF

- Dark Chocolate
- Laughing with friends
- Regular physical exercise



Rhodes University Counselling Centre:

8am-16h30pm (includes on call slots for emergencies)-

on the top floor at the Steve Biko Building.

046 603 7070

ER 24 Crisis line- 24 hours - 010 205 3068

Higher Health 24 Hour Toll Free Line - 0800 363 636

South African Depression and Anxiety Group-24 hours- 011 234 4837

MENTAL HEALTH SOCIAL MEDIA PLARTFORMS

https://www.instagram.com/rhodes_wellnessleaders/

https://www.instagram.com/rucc_media/

https://www.instagram.com/journey_to_wellness_/