Insight

WORLD MENTAL HEALTH DAY

World Mental Health Day takes place every year on October 10 to spotlight mental health around the world, raise awareness of mental health issues and encourage efforts to support those experiencing mental health issues.

This year's theme 'Mental Health at Work' highlights various aspects from workplace conditions and stress management to the importance of social inclusion and empowerment. As well as participation from the very top of the management to the employees in promoting it.

Here are a few simple steps to support you and your colleagues' mental health and well-being:
1. Express gratitude, give credit where it's due
2. Practice e-mail etiquette
3. Designate No-Meeting and Meeting-Less days
4. Participate in mindfulness activities
5. Practice job crafting
6. Be a source of social support

Yours truly,

the community editor

WHAT'S NEW?

Paper to Tree campaign
Donate your used papers for plant seeds!
Collection deadline on October 18
For more information, contact our BMO at
0812-9225-6879 or 0815-1479-6260