

Happiness HELPS

The acronym "HELPS" provides an easy-to-follow guide which can be used by everyone from the comfort of your home or work to promote and maintain their mental wellness.

Happiness™
HELPS

BLOEM
CARE



3 October – 6 October 2022

WE CHALLENGED ALL OUR COLLEAGUES TO FOLLOW THE ACRONYM
HELPS TO A HAPPIER YOU

FOR THE WEEK OF 3 – 6 OCTOBER

IN THE NEXT SLIDES WE WANT TO SHARE OUR WEEK AND
ENCOURAGE YOU TO FOLLOW THIS 5 STEPS EVERYDAY FOR A HAPPIER
WAY TO LIVING





HELP OTHERS

HOW? RANDOM ACT OF KINDNESS

HOW DOES HELPING OTHERS, HELP ME?

- Improve Self Esteem
- Strengthens Social Connections
- Improves your Relationships

e.G Give a Flower to someone

It's often said that it's better to give than to receive. It's no secret that doing something nice for others makes you feel better about yourself and the world. In healing others, you heal yourself.

Help
others



EXERCISE

WHY? HEALTHY BODY = HEALTHY MIND

HOW DOES EXERCISE HELP ME?

- Reduces Anxiety
 - Decrease Stress
 - Increase Self Confidence
-
- E.g Take the stairs instead of the lift

Exercise

RECAP 3 – 6 OCTOBER 2022



Many believe exercise is only a physical thing, but it is not. Physical exercise is important, but we also need to exercise other aspects of our lives, such as exercising using less technology, sleep hygiene, healthy boundaries, medication compliance...

Exercise

Help
others

Exercise

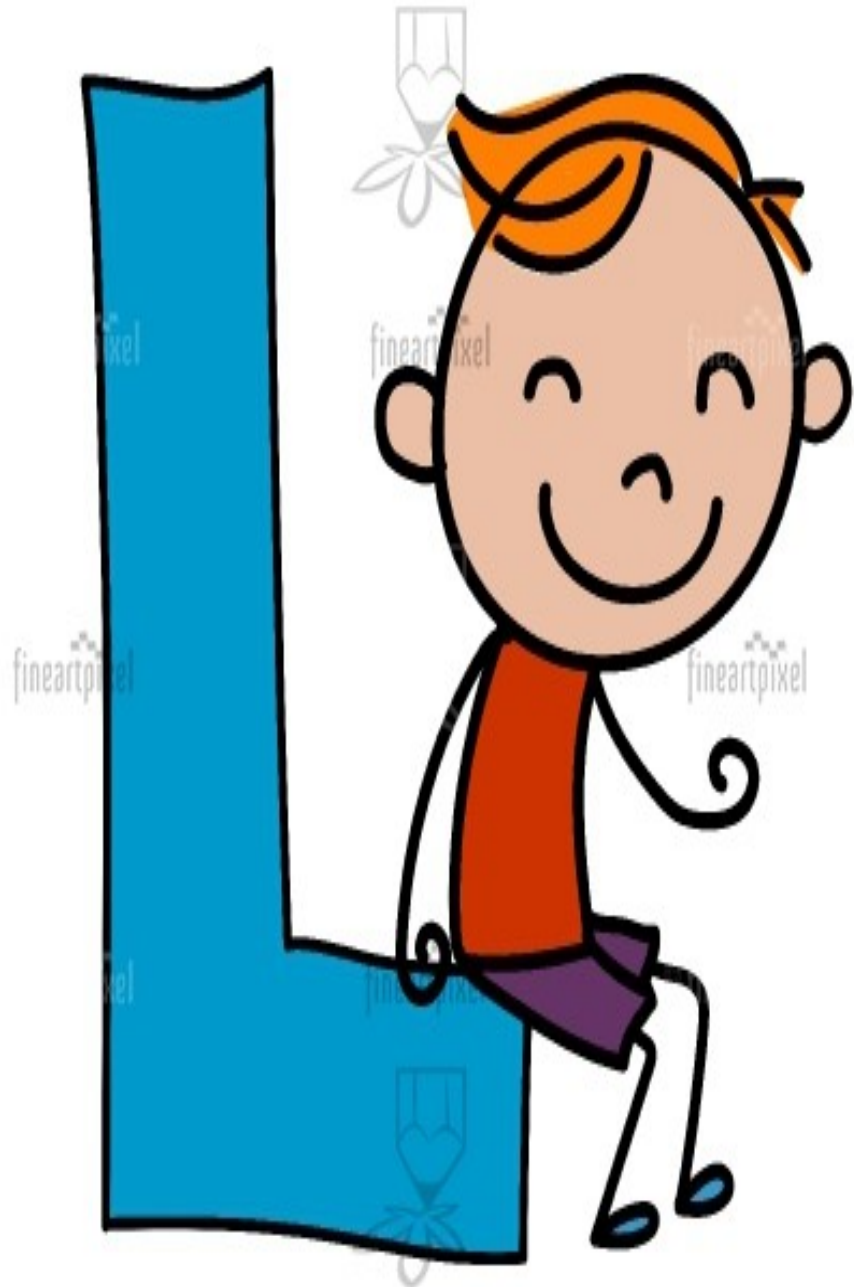
LEARN

Why? Keep your Mind as Healthy as Your Body

WHY IS **LEARNING** IMPORTANT?

- To Share Knowledge and values
- To understand one another Better
 - Renew your self Motivation
 - Change your Perspective
- Paying it Forward for the next generation

e.G Learn to say Hello in a different Language





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CAREER DAY



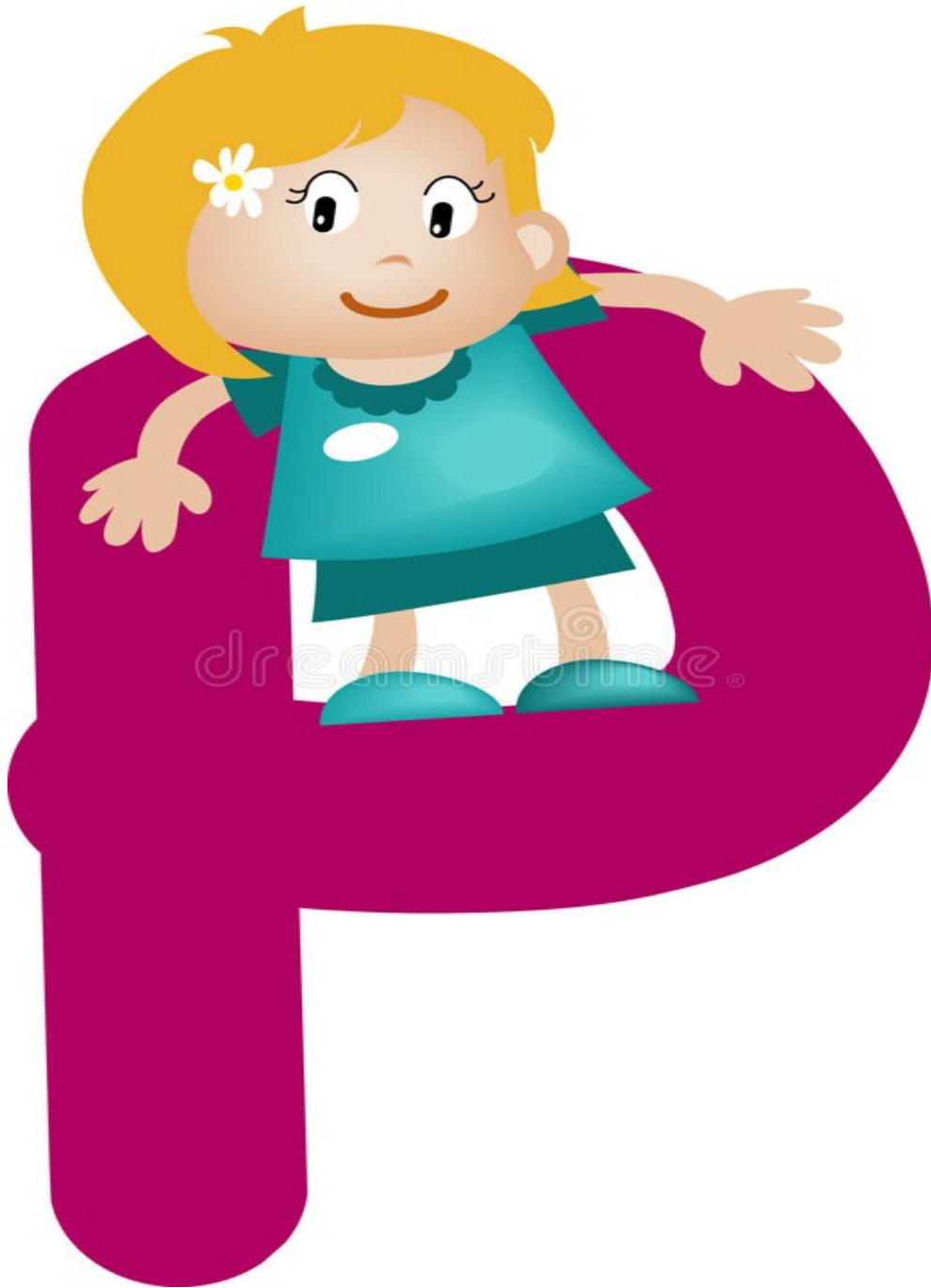
Learning something new every day is exercise to the brain and should be seen as “brain gymnastics”. It keeps the brain active and “fit. A positively engaged mind promotes a positive mood. Engage in mentally stimulating activities, such as Sudoku or word puzzles. Read as often and as much as you can.

Learn

Help
others

Exercise

Learn



PLAY

WHY? Improve Physical & Social & Emotional Wellbeing

HOW WILL THIS HELP MY MENTAL HEALTH?

- Relieve Stress
- Improve Brainfunction
- Keeps you feeling Young & Energetic
- Bring out Creativity & Inner child

e.G Sing aloud along with the music

Play

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MUSICAL CHAIRS – WITH A TWIST



Play

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GHOLF



Play

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Play

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BLOEMCARE POUSE!!!



We have to make time to play and to have fun in order to live balanced lives. Remember the famous words of George Bernard Shaw: "We don't stop playing because we grow old; we grow old because we stop playing."

Play

Help
others

Exercise

Learn

Play



SPIRITUAL GROWTH

• **WHY? Strenghtens your outlook for a better Future**

- How can Spiritual Growth help me?

- **It enhances your ability to deal with Life's Up & Downs**

- **Bounces Back from difficult Experiences**

- **E.g Read your Bible, Pray, Appreciate Nature**

Spiritual
growth

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Keep a journal of all the blessings you receive each day - the big ones, and especially the little ones" - Psalm 103:1-2

Spiritual growth

Help
others

Exercise

Learn

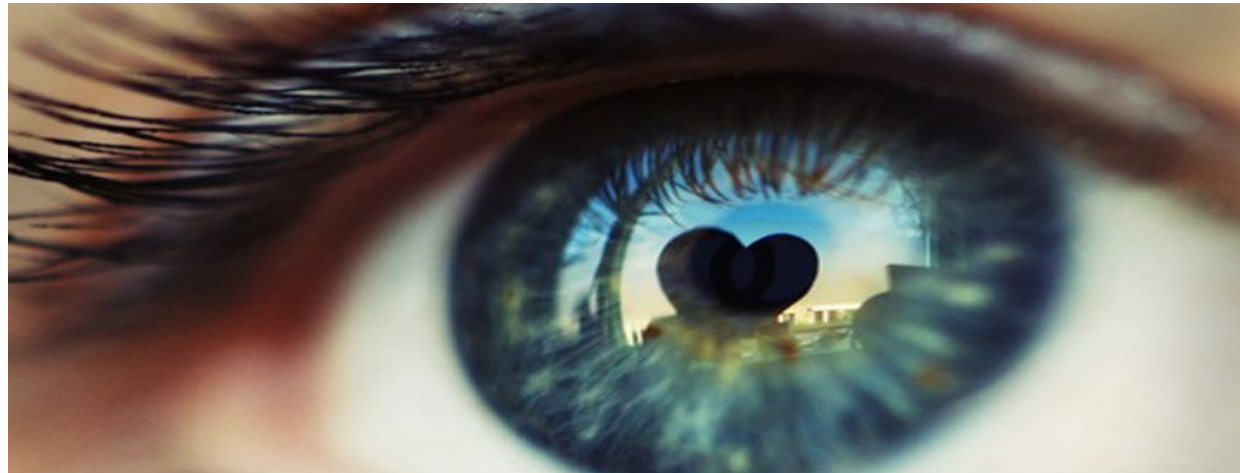
Play

Spiritual
growth

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Psalm 119:18

Open my eyes, that I may behold wondrous things out of your law.



STOP

LOOK FOR 5 THINGS IN NATURE THAT YOU CAN SEE

What do you feel when you look at these images

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- **Luke 8:44 ,4**
- **⁴⁴ She came up behind him and touched the edge of his cloak,**
- **and immediately her bleeding stopped**
- **⁴⁸ Then he said to her, 'Daughter, your faith has healed you. Go in peace.'**



STOP

THINK OF 4 THINGS IN NATURE THAT YOU CAN

TOUCH

How do these items feel under your hands or on your skin

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- [John 10:27](#) - My sheep hear my voice, and I know them, and they follow me:



STOP

LISTEN TO 3 SOUNDS AROUND YOU THAT YOU CAN

HEAR

Focus only on those sounds

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- Exodus 37:29
- And he made the holy anointing oil and the pure, fragrant incense of spices, the work of a perfume



STOP

WHAT DO YOU

SMELL

Think of 2 emotions that these smells remind you of

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- Exodus 16:31
- The house of Israel named it manna, and it was like coriander seed, white, and its taste was like wafers with honey.

STOP

THINK OF 1 PLEASANT

TASTE

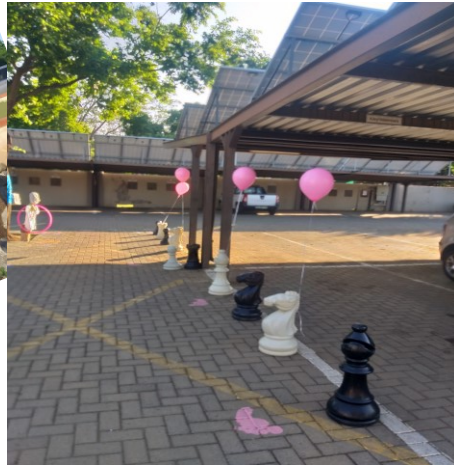
Why do you enjoy this taste



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