



Moving into 2023, we illustrate
12 tips on mental well-being



Contentedness

Unique in our attributes, we should all be comfortable in our own skin

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Setting goals

We can self-motivate by setting and marking goals

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Self-belief

Believe in yourself, always

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Hardiness

Harness adversity by coming back even stronger

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Pride

Modesty in achievement is fine, but don't forget pride

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Good health

Good physical health is a strong ally to mental well-being

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Social links

Keep connected, socially - we are all part of life's jigsaw

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Professional relationships

Develop and treasure close working relationships

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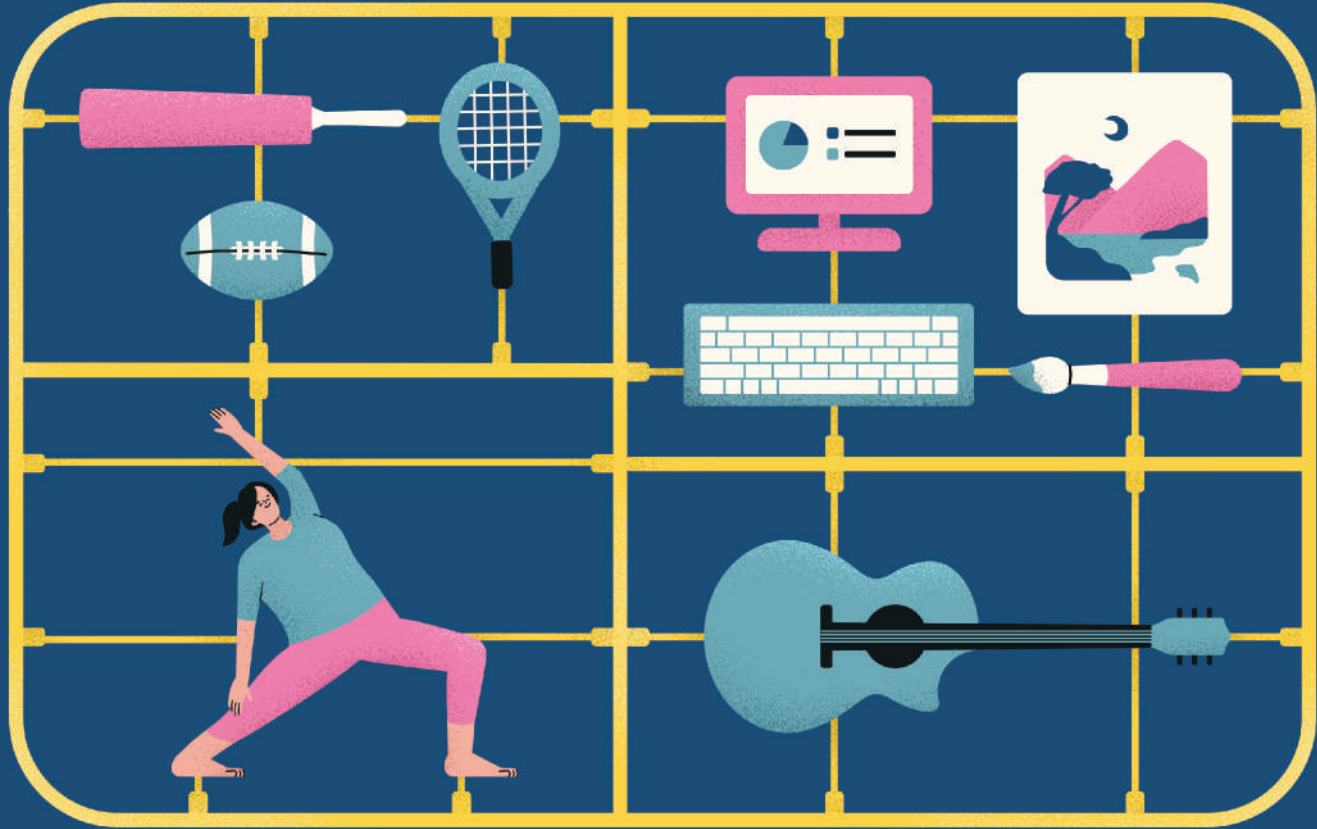
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New skills

Nurture and network by developing in this way

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Happy anticipation

Look ahead to the good stuff

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Emotional intelligence

IQ or EQ? Emotional Quotient shows how we recognise and handle our emotions

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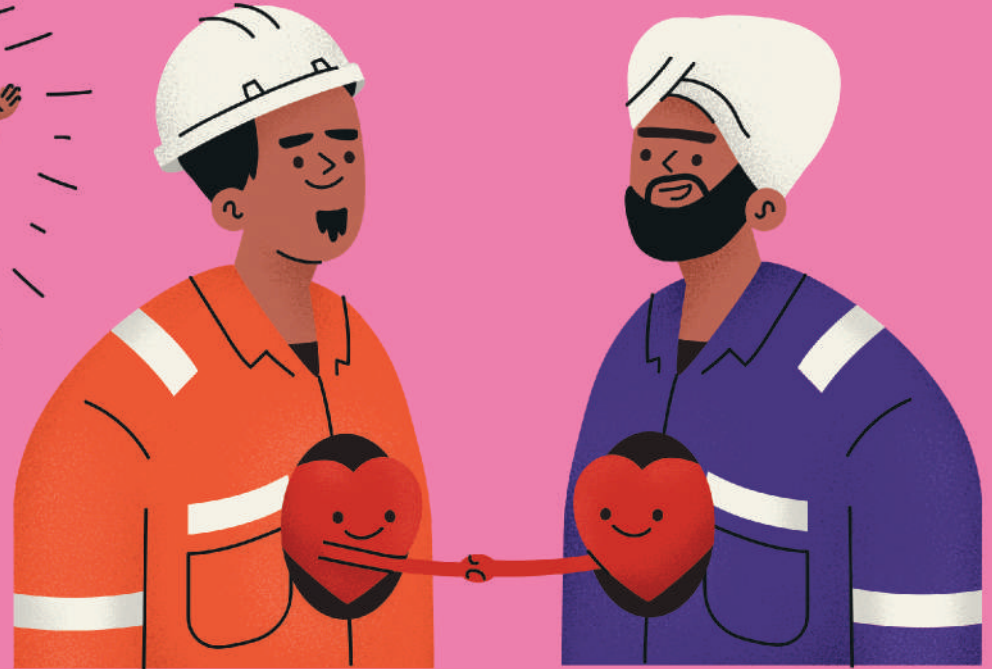
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Forgiveness

Forgiving, and being forgiven, helps both sides

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2023



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