



Are you mindful, or is your mind full?

Description

Mental health remains on the AfroCentric Employee Wellness Team's radar this year. As part of the Employee Wellness Programme, the team hosts monthly Mental Health Round Table discussions.

The first Round Table of the year kicked off in January with discussing Mindfulness and Mental Health, giving employees an opportunity to reflect on their mental wellbeing and consider adopting practices that will have a positive impact on their lives.

Mindfulness means living in the present moment, and being more aware of what is happening in your surroundings.

5 ways to be mindful

1. Meditate, taking time to sit quietly and focus on your breathing.
2. Focus on and do one thing at a time.
3. Keep time spent on digital devices in check.
4. Move more.
5. Spend time in nature.

Look out for the next Mental Health Round Table invite and book your spot with Lucrecia Joseph or Sanelisiwe Makuzeni.



Category

1. OUR WELLNESS