



MENTAL HEALTH AWARENESS WEEK

Work | Life
CENTRAL

Content highlights supporting mental health and wellbeing in 2024.

06 May



LIVE TALK
Finding Joy in Movement for Your
Mental Health

30 mins



VIDEO
Creating and Maintaining Mental
Wellness

4 mins



SHORT VIDEO
One Tip For Mental Fitness

35 mins



PODCAST
Kyle Davies on Therapeutic
Counseling and Mental Health

5 mins



EXPERT ARTICLE
Brain Boosting Exercise to Improve
Mental Health

61 mins



VIDEO
Understanding and Managing Low
Mood