

OCTOBER NEWSLETTER

Welcome to our October Newsletter!

October is a month that reminds us of strength, both seen and unseen. As we honour Mental Health Awareness Month and Breast Cancer Awareness Month, let's take a moment to check in with ourselves and each other. True wellbeing isn't just about surviving, it's about feeling whole, connected, and supported.

STRONG MINDS, STRONG BODIES

Mental health is not just the absence of illness. It's the presence of inner capacity. It's the dynamic state of our emotional, psychological, and social well-being that enables us to:

- Cope with life's stressors and transitions
- Form meaningful relationships
- Make decisions aligned with our values
- Learn, grow, and contribute to our communities
- Feel safe enough to be vulnerable, and strong enough to ask for help

LET'S TALK MENTAL HEALTH

**Mental Health exists on a continuum,
not a binary. We all move along it—
sometimes thriving, sometimes
surviving, sometimes struggling. And
just like physical health, it requires
regular care, attention, and
compassion.**

THE IMPACT

**Mental health
disorders are one of
the leading causes of
disability worldwide.**

Depression will be the leading cause of disease burden by **2030**.

1 in 4 people will experience a mental health issue in their lifetime.

Globally, over 700,000 people die by suicide each year.

In South Africa, suicide claims more lives than car accidents or crime among certain age groups.

COMMON MENTAL HEALTH CHALLENGES

Mental health issues manifest differently in everyone. Key signs to be aware of:

- Behavioural - Isolation, irritability, lack of productivity.
- Emotional - Persistent sadness, anxiety, mood swings.
- Physical - Sleep disruption, fatigue, appetite changes.

- **Stress & burnout
(especially in high-
pressure
environments)**
- **Anxiety &
depression**
- **Loneliness &
isolation**

POWER OF AWARENESS & EARLY SUPPORT

- **Early signs:** Noticing changes in mood, energy, or interest.
- **Encourage self-awareness:** Checking in with how you really feel. Telling a loved one how you feel.
- **Breaking the silence:** It's okay to not be okay. Reaching out is strength, not weakness.

"No one would ever say that someone with a broken arm is less than a whole person. But people say that all the time about those with mental illness."

**— Elyn Saks, legal scholar
and mental health advocate**

BREAST CANCER AWARENESS MOTNH

Check. Care. Share.

October reminds us of the power of early detection, community, and care. Breast Cancer Awareness Month is a time to honour survivors, support those currently facing the journey, and remember those we've lost. Regular self-exams and check-ups can save lives, take a moment this month to check in with your body and encourage the women around you to do the same. Together, we rise stronger through awareness, compassion, and action.



WE WANT TO HEAR FROM YOU

Your voice matters. If you've engaged with us in coaching, we'd love to hear your feedback, what's landed, what's shifted, and how we can keep growing together. It is completely anonymous so we would appreciate honest and constructive feedback. :)

**Click here to complete our
short feedback form!**

**WE WANT YOUR
FEEDBACK!**

GET IN TOUCH WITH US:

"You never know how strong you are until being strong is your only choice." — Bob Marley

Book your sessions now:

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