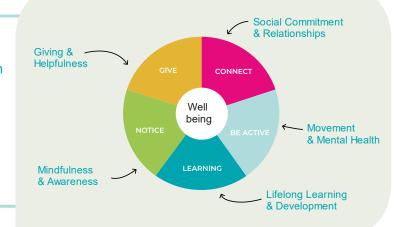


This year, your **DESY health blog** is again all about the "**5 ways to wellbeing**" and **strengthening your mental health**.

The latest scientific findings from the British organization "New Economics Foundation" show with the "Foresight Project on Mental Capital and Wellbeing" that the 5 ways to wellbeing are essential for our well-being and mental health.



You will find out what these focus topics are all about and how you can strengthen your mental health accordingly through numerous **impulses**, interactive **practical workshops** and **e-learning sessions** to work through the topics independently. Each month has a different focus.



You can find an overview here:

February:

Take noticePractical
workshop

April:

Learn – Practical workshop

August:

summer break, individual voluntary repetition

->->-

September:

Connect -Practical workshop

November:

Give - Practical workshop

March:

E-Learning: **Take notice**
The art of living mindfully

May:

E-Learning: Learn
The adventure of
lifelong learning

June:

Be active - Practical workshop

July:

E-Learning: **Be active**- Strong Body - Strong
Mind

October:

E-Learning: Connect
- The secret of social connectedness and relationships

December:

E-Learning:

Give - The art
of giving



