

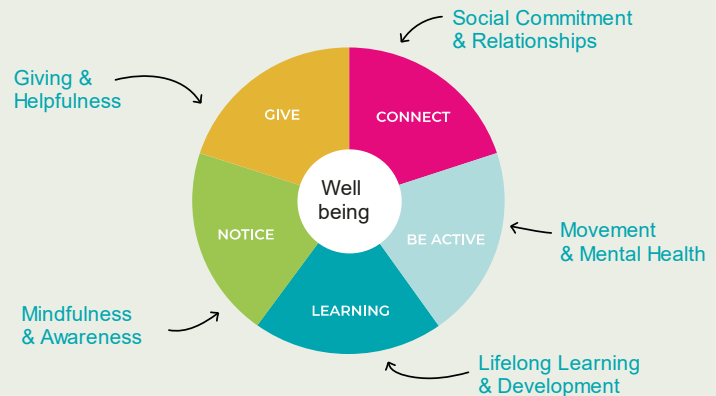
5 ways to wellbeing – What awaits you in 2025!

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

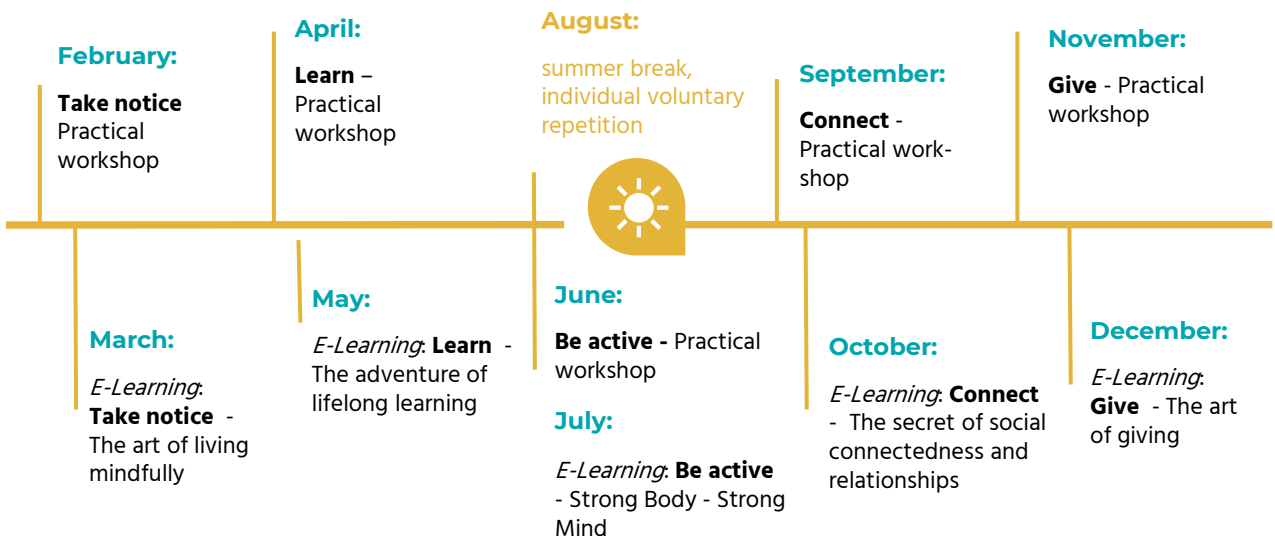
The latest scientific findings from the British organization "New Economics Foundation" show with the "Foresight Project on Mental Capital and Wellbeing" that the 5 ways to wellbeing are essential for our well-being and mental health.



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:



The BGM team

