

Ever feel like you're just placing the last card on the top of the stack, and they are all tumbling down?



Life is full of surprises, but a more resilient mindset can make it easier for you and your family to develop healthy coping mechanisms. So, if you haven't yet read our mailer on building mental resilience, do yourself a favour and take a look.

We're sharing a list of powerful practices that can give you and your family a stronger baseline to work from, with healthy relationships, finding a sense of purpose, learning from experience, staying hopeful, taking time for self care, getting proactive about your problems and connecting with nature.

And if you are receiving mental health treatment, please remember to stick to your treatment plan - any changes must be discussed with your healthcare professional beforehand to ensure the safety and efficacy of treatment. OMSMAF is here for you and your dependants with our Mental Health Programme; simply call **0860 100 076** to find out more. As an Old Mutual employee, you can also connect directly to the Lyra support centre using the app's [one-click function here](#) or call **0800 006 068** toll-free in South Africa.

That's it from us for now. **Take care!** We really do mean it.

OMSMAF - Healthcare with heart



VISION

To be the medical scheme of choice for the Old Mutual Group.



MISSION

To be an affordable medical scheme that guarantees best-of-class member experience, value and quality.