



Hey there OMSMAF member **PUT THE BRAKES ON THE BLUES**

with resilience

No matter which way you slice it, life is going to throw you some lemons. Sometimes, you find a way to make lemonade and other times, it hits you right where it hurts, setting you up for potential mental and emotional health concerns.

Building resilience can help you and your loved ones avoid being dragged down by a problem or using unhealthy habits as a crutch. This is not about avoiding difficult experiences or feelings but instead finding ways to adapt and overcome them. While there is no surefire way to futureproof your life or mental state, resilience can give you the mental strength you need to cope better.



Tips on resilience for the whole family

- ✓ **Human connection.** As social beings, healthy relationships with family members and close friends are essential for adults and children alike, through good times and the not-so-good ones. Staying connected with the people who matter most in your life while trying to make new social connections through clubs and social groups should be a lifelong pursuit and will provide ongoing support.
- ✓ **Be mindful about finding meaning in your every day.** Life goes by fast and can all too easily become a monotonous blur. Doing something that gives you a sense of purpose each day can inspire a sense of fulfilment, as can setting achievable goals for yourself and actively working towards them. Kids are excellent at being in the moment with what they are doing, but it can only help them become aware of which activities give them lasting fulfilment - hint: it's probably not their screentime.
- ✓ **Learn from your experiences.** Putting life's latest challenge well behind you is a great feeling, and so is learning from the experience. Don't miss out on the opportunity to learn about yourself by reflecting on how you've handled problems in the past and what you did that was helpful or unhelpful. Keeping a journal can make it easier to track patterns in your behaviour and cope better in the future. Talking with your kids about self-reflection can also help them build a sense of self-awareness.
- ✓ **Keep your hopes up.** At the risk of sounding corny, every day is a new beginning. What is done is done, and while you cannot change the past, you can move forward with a positive approach to change in the future.
- ✓ **Self care!** As your trusted medical scheme, we cannot stress this one enough. Looking after yourself is vital to your overall wellbeing. From having your healthcare screenings done every year to incorporating daily physical activity, eating a balanced diet, getting sufficient sleep and doing hobbies or activities that help you wind down and make you happy. And if you think this means you are taking something away from your kids, think again – setting an example and teaching your kids the value of self care better equips them for future resilience. As you know, we can't do a good job of looking after others if our own tanks are empty.
- ✓ **Get proactive.** When a problem arises, tackle it head on by figuring out how to deal with it and taking action. Rome wasn't built in a day, and some hurdles are harder to overcome, but your chances of getting yourself and your family through a tough time are far greater if you keep working at it. If you have kids, you probably find yourself saying, 'You can do it!' repeatedly. Why not back yourself in the same way? Here again, they will learn from your example.
- ✓ **Connect with nature.** Research has shown that spending time in green spaces and connecting with nature can significantly impact your mental state. Please find a way to regularly appreciate our beautiful environment that works for you, whether that's a challenging hike with friends or a new weekend tradition of outdoor picnics. If you are an animal lover, connection with pets is another great way to fill your cup, so take your doggo for regular walks or ask a friend or family member if you can walk their fur baby and get an extra dose of natural connection.

Receiving treatment? Stick to it

No matter how resilient you may feel, we are all vulnerable, and there are times when professional support is needed. If you or a loved one is receiving care for a mental health condition, please remember the importance of sticking to your treatment regimen by prioritising therapy sessions and adhering to any medication that you have been prescribed. Changes to your treatment must be discussed with your healthcare professional first to ensure the safety and efficacy of your treatment.

Remember: Should you be discharged from a facility, it is important to ensure that you register on the mental wellness program so that you can continue to access the mental wellness benefits.



Please remember

You and your family can rely on OMSMAF for support through our Mental Health Programme for various mental health conditions, which provides so much more than the basic PMB requirements offered by most other medical schemes. Once registered on the programme, you will be entitled to a certain number of therapy consultations paid from the Fund's risk pool and not from your day-to-day benefits. To find out more, please call **0860 100 076**.

You also have access to a range of special wellness benefits such as a nutritional assessment and a healthy eating plan for holistic health support.

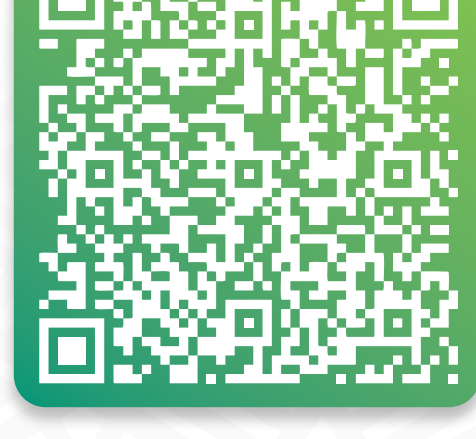
Plus, as an Old Mutual Employee, you and your loved ones get counselling support from Lyra Wellbeing. Connect directly to the Lyra Wellbeing support centre, the Hub, using the app's **one-click function here**, and talk to a trained, registered counsellor whenever you need to and wherever you are. Counselling and chats are available 24 hours a day, 7 days a week, 365 days a year.

Please visit <https://app.lyrawellbeing.health/welcome> and use company code OLD001 to activate your account.

How to contact Lyra

1. Dial ***134*905#** on your mobile phone to request a callback.
2. Call **0800 006 068** toll-free in South Africa.
3. Send an email to **oldmutual-ewp@icas.co.za** for callback requests.
4. Live chat via the **Lyra Wellbeing Hub app**, using company code OLD001 to activate your account.

Not on the OMSMAF WhatsApp broadcast group? Scan the QR code to ensure that you get all the updates right away.



Chat soon,
The OMSMAF Team



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.