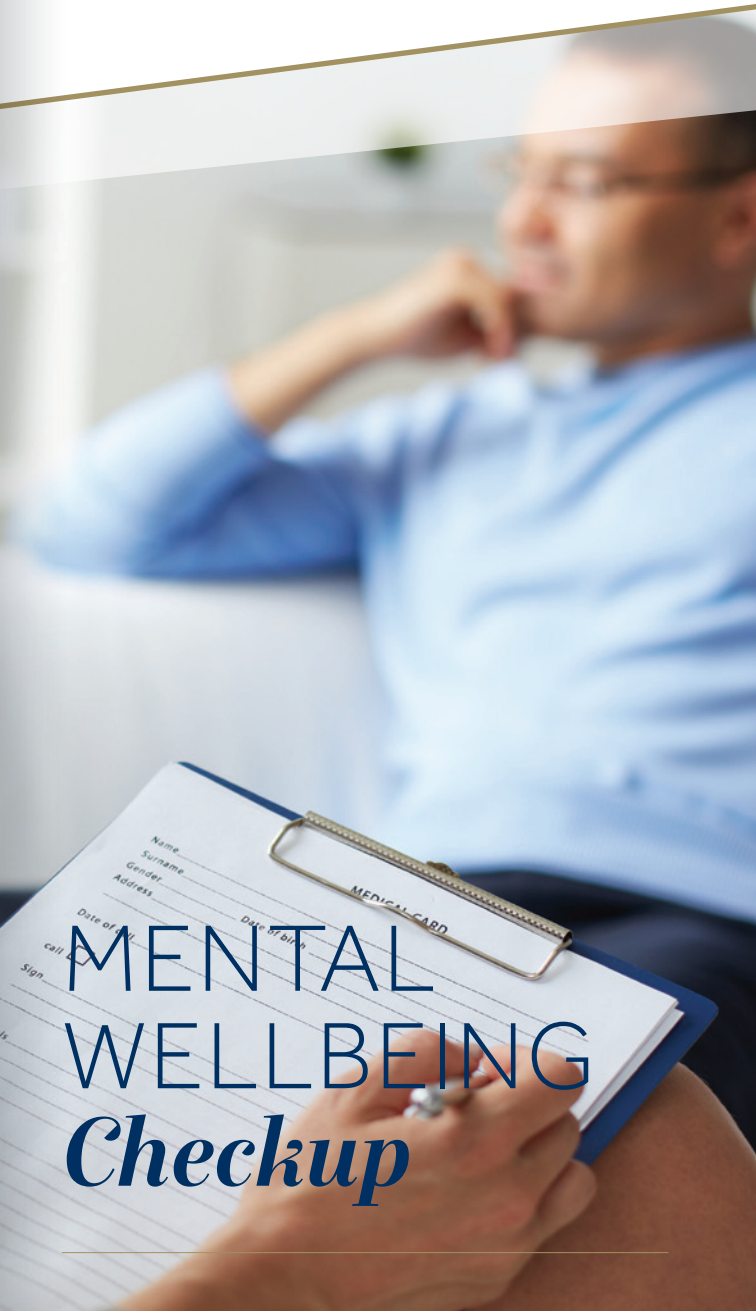




THE LIGHTHOUSE
CENTER FOR WELLBEING



**MENTAL
WELLBEING
*Checkup***



HOW IS YOUR MENTAL WELLBEING TODAY?

THE WORLD HEALTH ORGANIZATION DEFINES MENTAL HEALTH AS FOLLOWS:

“ *Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.* ”

IF YOU HAVE GOOD MENTAL WELLBEING YOU ARE ABLE TO:

- Feel relatively *confident* in yourself and have positive *self-esteem*
- *Feel* and *express* a range of emotions
- Build and maintain *good relationships* with others
- Feel *engaged* with the world around you
- Live and work *productively*
- *Cope* with the *stresses* of daily life
- *Adapt* and manage in times of change and uncertainty

The LightHouse Arabia *Mental Wellbeing Checkup* is a quick and easy way to get an expert opinion on the state of your mental wellbeing, and to identify any risk factors in your circumstances or current lifestyle that may negatively impact your wellbeing in the future. Just like physical health checkups are an essential part of any self-care program, a mental wellbeing checkup can help ensure that you are not overlooking any issues that might impact your mental health and your overall wellbeing, since the mind and body are so interlinked.

A MENTAL WELLBEING CHECKUP MAY BE ESPECIALLY HELPFUL IF:

- You are meeting all the demands of your life but not necessarily living well
- You feel you are just going through the motions, without a strong connection to purpose or the people around you
- You believe you have everything you need in life but don't feel content or fulfilled
- You have tried many different things to help the way you feel but don't see any change

By completing our mental wellbeing assessment form and meeting with our clinicians one-on-one to discuss your specific situation, you will get feedback on:

- **Your rating for different mental wellbeing indicators**
- **Risk factors that you should be aware of**
- **Options to improve and safeguard your mental wellbeing and health**

Are you ready to accelerate your journey towards wellbeing and happiness?



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