

DR MICHAEL MOL

MENTAL FLOSS

Daily habits that build mental health,
fitness and resilience

Mental Health ≠ Mental Illness

Not the same battle. Life throws challenges at everyone, affecting our mental health as much as our physical health. But not all struggles qualify as mental illnesses.

Mental health is also not about dodging mental illness.

Mental health is the essence of how we feel, connect, and navigate life's ups and downs. It's our resilience, our ability to cope, to push back, bounce back and ultimately to flourish in our daily lives and contribute to the world around us ... whether we have a mental illness or not.

Michael's latest keynote presentation will give you all the tips, tricks and tools to do just that - thrive!

OUTCOME

Demystify, define, and ignite open dialogue on mental health - because everyone is affected. It'll smash stigma and give listeners actionable daily strategies to build mental toughness - so they can flourish in life and work ... come what may.

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*No health,
without
mental health*

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