



FINDING Person **INI** MEL

"changing lives and building futures"

NEWSLETTER VOL .6.

**ERADICATION OF POVERTY
GRATITUDE AND GIVING BACK**

**" GRATITUDE FUELS OUR
COMMITMENT TO
ERADICATE POVERTY
AND GIVING BACK IS
THE BRIDGE TO A BRIGHTER FUTURE
FOR ALL."**

IN OUR PURSUIT OF A **BETTER WORLD**, GRATITUDE SERVES AS A **POWERFUL** CATALYST FOR **CHANGE**. IT FUELS OUR COMMITMENT TO **ERADICATING** POVERTY AND CREATING A BRIGHTER **FUTURE** FOR ALL.

BY **ACKNOWLEDGING** AND **APPRECIATING** THE BLESSINGS IN OUR LIVES, WE ARE **INSPIRED** TO GIVE BACK AND UPLIFT THOSE WHO ARE **LESS FORTUNATE**. A **BRIDGE IS CREATED** WHICH **CONNECTS** US TO A SHARED VISION OF A **MORE EQUITABLE** AND **PROSPEROUS** WORLD.

POVERTY IS A **GLOBAL ISSUE** AFFECTING MILLIONS, **LIMITING OPPORTUNITIES** AND PERPETUATING INEQUALITY. BY **CULTIVATING GRATITUDE**, WE CAN FOCUS ON OUR OWN **BLESSINGS** AND **EXTEND HELP** TO THOSE IN NEED. GRATITUDE **REMINDS US** OF OUR **INTERCONNECTEDNESS** AND **ENCOURAGES EMPATHY** FOR OTHERS WHO ARE STRUGGLING. GIVING BACK INVOLVES **VOLUNTEERING**, ADVOCATING FOR **POLICY CHANGES**, AND **RAISING AWARENESS** ABOUT POVERTY-RELATED ISSUES. IT BRINGS **UNITY** AND **SOLIDARITY**, **PROMOTING INCLUSIVITY** AND **FOSTERING COLLABORATION**. SUPPORTING THOSE FIGHTING POVERTY, SUCH AS NON-PROFIT ORGANISATIONS AND **COMMUNITY LEADERS**, **INSPIRES** OTHERS TO **JOIN THE CAUSE** AND CREATE A RIPPLE EFFECT OF **POSITIVE CHANGE**.

WORLD MENTAL HEALTH DAY

10 OCTOBER 2023

**"MENTAL HEALTH
IS A
UNIVERSAL
HUMAN RIGHT"**



CLICK ON THE **IMAGE** TO FIND OUT **HOW** TO BRING ABOUT **POSITIVE PSYCHOLOGY** IN YOUR **WORKPLACE**