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It's All in Your Head

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What is Mental Health?









Two Types of Health





What's in your head?



DOPAMINE

- · Enables motivation, learning and pleasure
- Gives you determination to accomplish goals, desires & needs

OXYTOCIN

- Feelings of trust, motivate you to build and sustain a relationships
- . Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you



ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety & depression



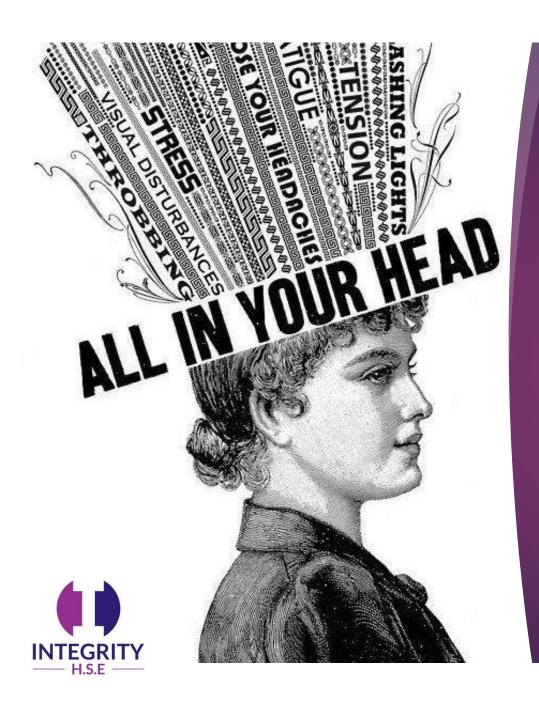


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Psychological Health & Safety at Work







Be the kind of

Leader

you

would

follow



Thank You

