



14-session Mental Health Series



YOU ARE NOT ALONE Finding meaning and purpose in loss and recovery

Video session 1
MOTIVATION
Why join this amazing programme.
Interview with Dr. Ingrid Henckert-Weissnar.

Video session 2
THE HAMMER
Accept being broken without trying to fixing it.

Video session 3
STAGES OF GRIEF
Exploring the stages of grief and loss - the calming before healing.
Interview with Hermien Elago.

Video session 4
THE GLUE
Putting the pieces back together and let the healing begin.

Video session 5
WHAT TO SAY
Exploring what to say when we are not okay.
Interview with Leo Kapembe.

Video session 6
GRATITUDE
Practicing positive attitudes and shake-off negative thinking.
Interview with Nelago Amagulu-Oyinbo

Video session 7
CHECKING IN
Don't be afraid to say how you feel and how to express your emotions.

Video session 8
ONE FOOT IN FRONT
Dealing with physical, psychological and emotional responses to grief and loss.
Interview with Hermien Elago.

Video session 9
GRIEF BREATH
Grief steals your breath away. Let's breathe together.

Video session 10
SELF TALK
Understanding the hidden dialogue with ourselves and the power of words.

Video session 11
SELF GRATITUDE
In the efforts to be kind to others, be kind to yourself.

Video session 12
KEEPING IT TOGETHER
Create your own precious space by pausing, re-assessing and choosing with clarity.
Interview with Ilana Greef.

Video session 13
MEANING AND PURPOSE
Let's find the meaning that will enrich your life.
Interview with Suzi Seha & Iani de Kock.

Video session 14
KEEP GOING
Take personal responsibility for your life and be the change you would like to see.
Interview with Rudi Saunderson.