

6 October 2021

## CHARGE YOUR HEALTH USING MIND TOOLS FOR BETTER MENTAL HEALTH

The onslaught of the COVID-19 pandemic since the beginning of 2020 has taken a toll on all facets of the economy and society at large worldwide. Malaysia has not been spared from the ravages of the COVID-19 pandemic. The Malaysian government had invoked the Movement Control Order (MCO) and its variations since March 2020 with the aim of combating COVID-19 infections. Businesses, except essential ones were shut and employees were asked to work-from-home. Society has been put on undue stress tests over potential layoffs, business sustainability issues and chance of being infected with the deadly disease. This dire situation has adversely affected the emotional state or mental health of most people. In this light, K-One has taken the opportunity to organize a workshop to charge the mental state of its employees.

On 6 October 2021, K-One engaged Ashton Training Academy Plt to conduct a workshop via Zoom to charge and recalibrate the minds and mental health of its employees. Sixty staff participated in the workshop

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The training session was facilitated by Shaun Khoo Tzen Way who is a Certified Master Practitioner in Neuro Linguistics Programming (NLP), Time Line Therapy®, Hypnotherapy and NLP Coaching.

Employees found the workshop insightful. It helped in rebonding relationships and managing conflicts by adopting multiple perspectives and understanding and respecting each other's values. It encouraged staying connected with co-workers and management that help reduce stress levels and staying positive.



Rise to the challenge

Finally, it was timely to give the mind a good message to soothe the pain, stress and anxiety bottled up over the last 18 months caused by the COVID-19 pandemic. The K-One team certainly went home feeling recharged mentally and emotionally.



Production staff producing stimulants in their mind



Time to warehouse positive thoughts



Accounting a strong mindset to face the future