

Mental Wellness Awareness & Action

Missions & Visions of Lions Club International

Lions Clubs International's mission is to empower volunteers to serve in their communities, meet humanitarian needs, encourage peace & promote international standing through the fellow Lions Clubs. Their vision is to be the global leaders in the community and humanitarian service. The organization's guiding principle is therefore captured in their motto of "WE SERVE"

Lions Club International District 309

It offers friendship, activities, self - worth, empowerment, leadership, volunteerism, care programs & many other opportunities for members to interact & exchange to improve on mental – wellbeing. Remember this – We have 106 clubs with more than 3396 members. This easily translates to YOU the number of friends that we as members are Blessed with.

Prevention is Utmost in Mental Wellness

- **Selfcare & Support**
Taking care of your mental wellness involves selfcare practices & seeking support when needed. This can include activities like getting regular exercises, eating healthy, managing stress & connecting with others & the communities
- **Engage in Meaningful Activities**
Seek out activities that bring you a purpose and accomplishment – like volunteering or working on a hobby or in community outreach projects

Please look out for more New Articles on Mental Wellness Benefits for Community Service Volunteers like You & I – Look Forward to Meeting You too

From Helen Tan LCS Vanda

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