

# TAKE CARE OF YOUR MENTAL HEALTH



Having good mental health is important to all employees. It can increase our work productivity. We should learn how to deal with our stress.

The 1-day program aim to let participants know what stress is and how they can help their self when come to mental health issue.

**DATE: 11 SEPT 2024**

**TIME: 9AM - 5PM**

**COURSE FEES: RM 850**

**VENUE: MEF ACADEMY SDN BHD  
3A03, BLOCK A, PHILEO DAMANSARA  
2, SEKSYEN 16, PETALING JAYA**



**CLICK HERE**

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# Program Outline

- Module 1 – Understand our Stress
- Module 2 – Stress response and Stress hormone
- Module 3 – Activate our Happy Hormones
- Module 4 – Tips of Self-Help

## Methodology

Lecture  
Activity  
Discussion  
Video

## Trainer

**Mr. Lim Chan How** is a Certified Trainer issued by HRD Corp and holds a Bachelor Degree in Psychology from University Tunku Abdul Rahman (UTAR). He has experience as a speaker with the National Service and has worked as Customer Service Executive at Samsung Malaysia Electronics (SME) Sdn. Bhd.



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