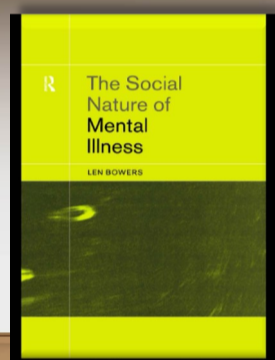
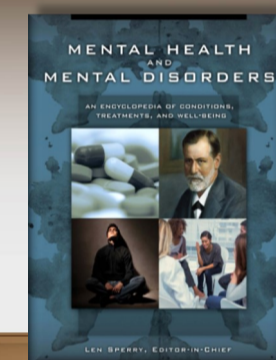
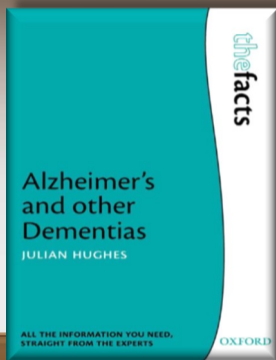
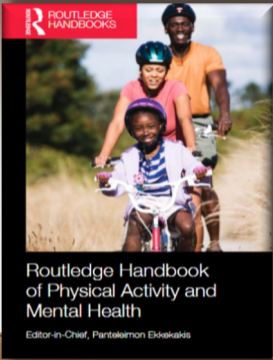
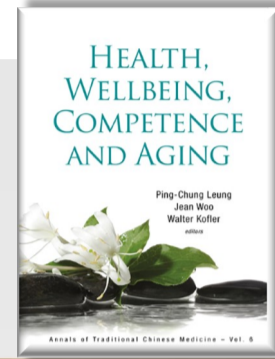
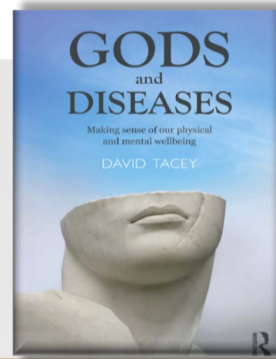
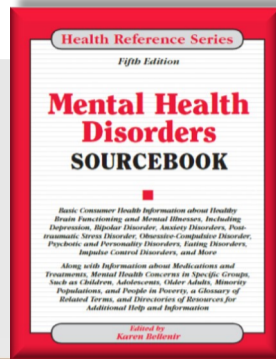
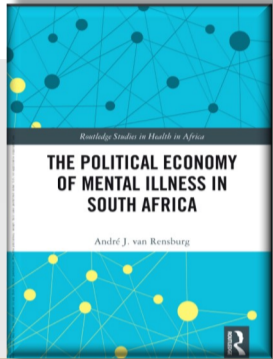


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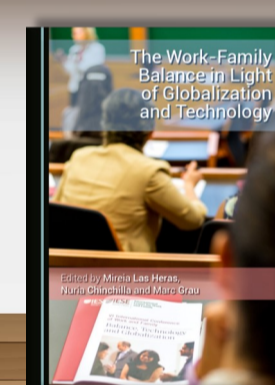
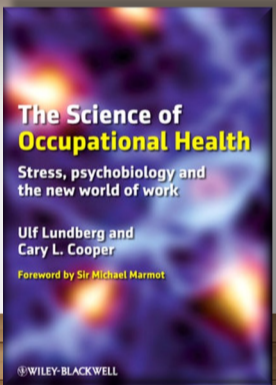
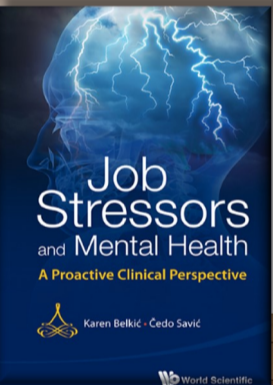
FOCUS - Mental Health & Wellbeing

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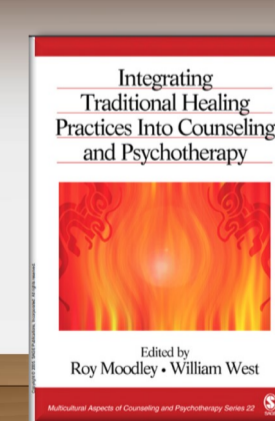
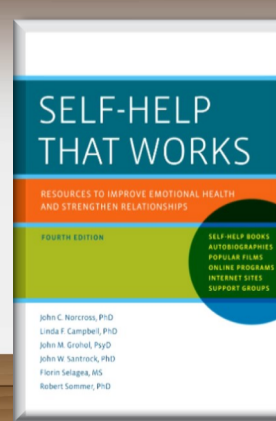
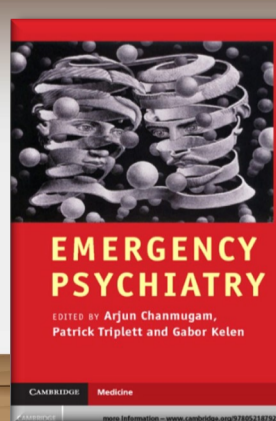
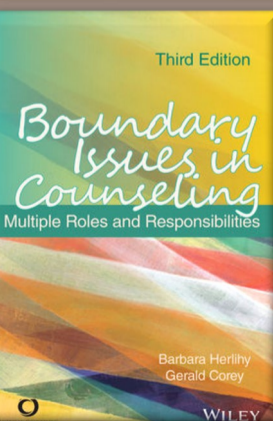
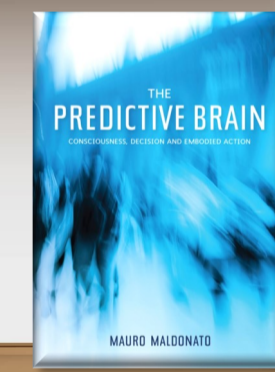
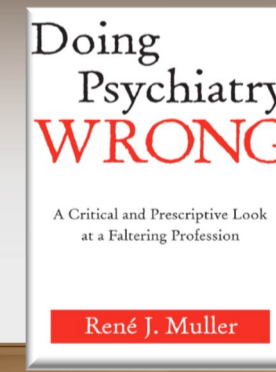
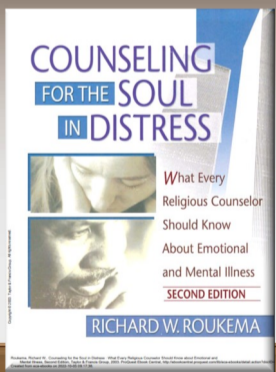
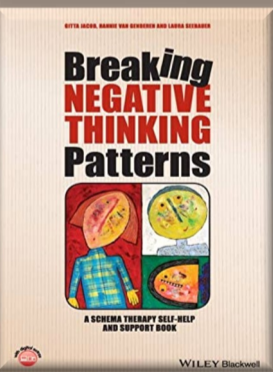
MENTAL HEALTH & WELLBEING



STRESS REDUCTION & WORK LIFE BALANCE



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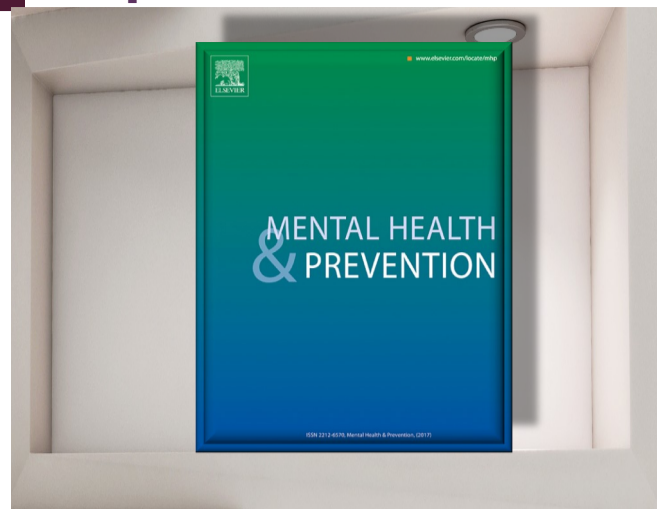
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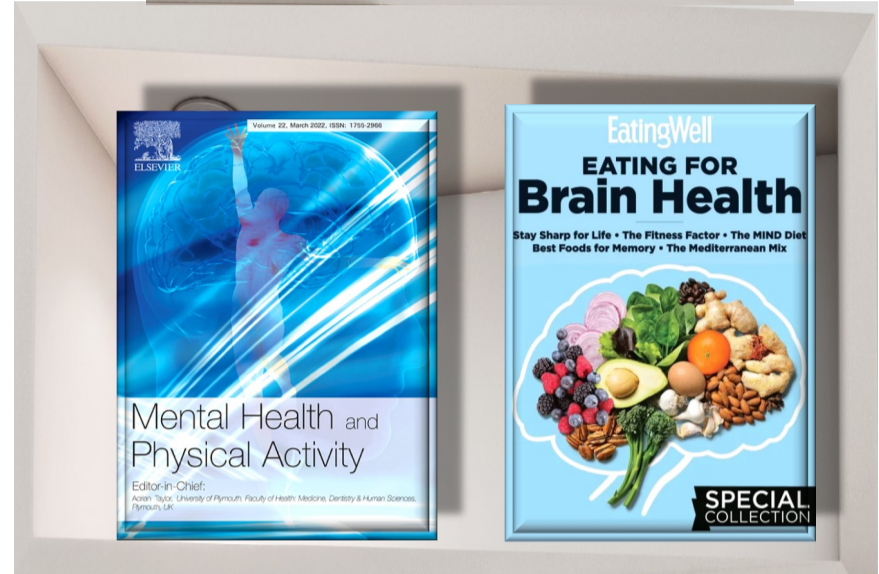
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FEATURED Check this out

SAUTI: POEMS OF HEALING
United Nations
System Workplace Mental Health and Well-Being

UN Blue Poetry Robe

Hello, it is my great pleasure to greet all of you today -
Salut, Hola,
Nihaio, Hej!

A very hard year is behind us,
And this one seems "more of the same"
Let us not lose ourselves in the chaos
Mental health matters – we all proclaim!

As the UN works hard to make a positive impact
Mental health is more important than ever before,
The Strategy calls upon each one of us to act
To take good care of ourselves - better and more.

This poetry book joins many hearts
Of colleagues spread across the globe,
Pouring feelings into words of art
Dressed in a UN blue poetry robe.

"Sauti" book joins many voices,
Cries and longings, sighs and caring,
Today with you my heart rejoices
In the beauty of your sharing.

It takes courage to open a heart
And share our deepest feeling,
Poetry is a safehouse for all our parts -
May you find in it comfort and healing.

Poetry make no distinction
as to race, sex, language, or religion.
Poetry unites in aches and dreams,
Shouts in silence and whispers screams.

In these trying times for humanity,
Together let's build a healthy workplace,
Proud of what we do and of our unity
As our work continues apace.

Take good care and keep safe,
And THANK YOU most sincerely -
GRACIAS, XIE XIE
SHUKRAN, SPASIBO, MERCI!

Danijela Milić
11 March 2021
Written for Marta Helena Lopez,
Chair of the UN System Workplace
Mental Health and Well-Being Strategy

UNLEASH YOUR CREATIVITY

In celebration of World Mental Health Month, staff and their dependents are encouraged to write and submit their own poems to the UNHCC. The poem can be written in any language and should be submitted to:

Madhavi Hettiarachchi, Consultant Psychologist, [<hettiarachchim@un.org>](mailto:hettiarachchim@un.org)

Deadline: 31 October 2022

Healthy Minds: Headspace meditation app for the UN