



Celebrating World Mental Health Day 2023
3rd - 10th October 2023



Positive Vibes Only

In the fast-paced world of healthcare, maintaining a positive mindset can sometimes feel like a challenge. However, research shows that cultivating positivity not only improves our well-being but also enhances productivity and teamwork. We believe in the power of positivity to create a healthier and happier workplace. That's why we're thrilled to launch our "Positive Vibes Only" campaign on Viva Engage as part of World Mental Health Day on 10th October 2023.

How to Participate:

To kick off our "Positive Vibes Only" campaign, we invite all Asterians to participate by sharing a post on something that helps you stay positive. Here's how you can be a part of this campaign:

1. **Post a Photo:** Capture an image of something that brings a smile to your face, uplifts your spirits, or reminds you to stay positive.
2. **Write a Caption:** Share a few words about why this photo is meaningful to you and how it contributes to your positivity.
3. **Use the Hashtag:** Don't forget to use the campaign hashtag: #PositiveVibesOnly
4. **Tag a Colleague:** Encourage a colleague to join the campaign by tagging them in your post.

One post everyday with maximum likes wins an exciting prize!

Join us in celebrating World Mental Health Day by creating a world where positive vibes are the norm! We're here to support you on your journey towards a happier and more fulfilling life. Remember, it takes effort, but the rewards are immeasurable.

Let's share our positivity and make a difference, one post at a time! #PositiveVibesOnly

[Click Here to Participate!](#)

This Campaign is valid from 3rd to 5th October Only.

Stay tuned to know more about our upcoming campaign on 6th October.