



# BEING MINDFUL IN THE MOMENTS

It's the third month of the year – does it already feel like you've been through it all? First you're up, the next thing you're down... and you can't even deal! We feel you! The key to handling your current situation, is to focus on being more mindful – being in the present moment and being at peace with what's happening around you. Accent on You helps you find your happiness and we've touched on some areas to help you be more mindful in the moment.

## KNOW YOUR CREDIT-WORTHINESS



Take charge of your finances. Repaying your instalments diligently is one thing, but do you know what your credit record says about your financial health? No? You're not alone – less than 3% of South Africans check their credit scores! Don't lose any more sleep over your financial wellness – learn more with Finance Assist.

[FIND OUT MORE](#)

## TAKE A LEAP OF FAITH

When last did you try something for the first time? With so much on offer in our country, it's inexcusable to not experience something new every now and then. Besides, life begins at the edge of your comfort zone! Your next exhilarating experience is just one click away. Did we mention that you get up to R400 off your second experience? **Now, go have fun!**

[FIND OUT MORE](#)



## COUNT ON TUTOR-ON-CALL



A homework assistant – the one thing we've all wished for when our kids need it most. When life has you tied up in those moments, you can count on our Tutor-On-Call benefit for support. Experienced teachers are on stand-by to help with homework and projects, and are just a phone call away. Ease the pressure on both you and your kids and get the peace of mind you deserve.

[LEARN MORE](#)

## GET YOUR HEAD IN THE GAME

Living with depression, anxiety or other psychiatric disorders is no longer a rare and isolated case, it's a reality. Is your mind at ease? As they saying goes, there's no health without mental health, and there's never been a more pertinent time to be aware of your mental wellness. Be proactive, take charge of your life and beat the stress before it beats you. Learn more about the vital signs and how it can affect you with the Phela Wellness programme.



[LET'S TALK](#)