



Ready for take-off

ICAS Healthy Mind Guide



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8 tips to boost your mental health

Welcome aboard your one-way flight to better mental health. While booking a flight to a dreamy destination might seem like an ideal solution, the route to improved mental health requires personal commitment and an active practice of daily interventions. The first step to leading a happier and healthier lifestyle is acknowledging the need for improvement.

Every human hits turbulence along life's journey, but consciously maintaining good mental health provides you with the tools and skills to navigate to blissful cruising altitudes. Furthermore, you gain access to many benefits like reduced anxiety, a greater sense of inner peace, improved relationships, and increased self-esteem. Champion change with these eight practical and actionable tips you can implement today to help take your mental health to healthier heights.



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1 Opt for friendly check-ins

Nurturing positive relationships creates a circle of support and encouragement, which adds meaning to life. Mutually beneficial friendships celebrate the good times. They also listen, validate your feelings and provide a helpful distraction during the bad. To develop healthy relationships:

- ✈️ Organise a games night (that doesn't end in a table flip).
- ✈️ Schedule monthly dinner dates.
- ✈️ Stay in touch via text or video calls.
- ✈️ Join networking, social, or special-interest groups.



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2 Don't pay for extra baggage

If we try everything possible to avoid paying for extra luggage, why do we accommodate emotional baggage in our life? Decide to stop giving conscious energy and attention to negative thoughts and relationships. By releasing emotions, you improve self-worth and how you react to stress. Choose to:

- ✈️ Work through trauma with an expert.
- ✈️ Find at least one lesson for growth from hurtful experiences.
- ✈️ Counteract negative thoughts with affirmations.
- ✈️ Practice stillness.

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3 Switch to airplane mode

Being more mindful of your social media usage improves your self-esteem, mood and focus. Reducing your daily media and technology consumption helps lower anxiety, loneliness, sleep problems and fear of missing out. To promote healthy screen time, try to:

- ✈️ Schedule "social detox" days.
- ✈️ Implement a phone-free family mealtime.
- ✈️ Avoid using your phone before bedtime to improve sleeping patterns.
- ✈️ Turn off notifications and engage in more enriching activities.



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4 Enjoy first-class experiences

Flying first-class often eliminates travel stress by offering tailored in-flight luxury services and creature comforts — from extravagant cuisine to private suites. Similarly, pampering yourself provides a relaxing escape from whatever bothers you.

- ✈️ Schedule a massage to relax the mind.
- ✈️ Soak in the bathtub to increase serotonin levels.
- ✈️ Book a facial to boost confidence and promote self-love.
- ✈️ Attend a retreat to realign your mind, body and spirit.

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5 Soak in the views

Just as inspiring as the views from the window seat, opting for a change of scenery provides a fresh perspective and creates a feeling of invigoration. Nature views, in particular, have the power to restore, soothe, heal, and increase feelings of connectedness.



- ✈️ Enjoy sunset views to promote the feeling of gratitude.
- ✈️ Take a scenic walk to increase your memory performance.
- ✈️ Position your home office towards a natural setting to boost creativity.
- ✈️ Head to the beach to enhance your sensory experiences.

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6 Choose chicken, beef or anything healthy

Start seeing fewer mood fluctuations, improved concentration and a happier outlook when you add good-for-your-mood foods into your diet. Nutrient-rich foods also help in increasing and fueling your brain function.



- ✈️ Make a food list to understand which foods affect your mood.
- ✈️ Stop shopping while hungry to prevent unhealthy impulse buys.
- ✈️ Consume healthy fats, like avocado, to improve brain power.
- ✈️ Snack on dark chocolate, almonds and cashews.

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Discover more entertainment options

Many airlines offer inflight entertainment to distract and engage passengers during those long flights. Similarly, taking on new hobbies and activities gives you a break from stress, brings joy and ignites your passions.



- ✈️ Get a natural mood booster by joining an exercise class.
- ✈️ Learn to play a new instrument to achieve a sense of accomplishment.
- ✈️ Attend a pottery class to inspire creativity.
- ✈️ Start gardening for a therapeutic escape.

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8 Request for assistance

In the same way that flight attendants ensure safety and comfort during a flight, professional experts exist to help safeguard your mind. The bravest thing you can do for your mental health is to seek help - and it offers benefits:

- ✈️ Reconnect with loved ones and build healthy relationships.
- ✈️ Receive guidance and advice from a supportive community.
- ✈️ Develop coping tools and strategies.
- ✈️ Reduce your risk for other medical issues like sleep disorder.

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