



Mission Right

'Let's make the right choice'

m **momentum**support[®]
Cleaning & Security Solutions for Business

CONNECT WEEKLY

momentum supports its **Marketplace** through evolving our Industrial Service offering to meet the needs of our Customers.



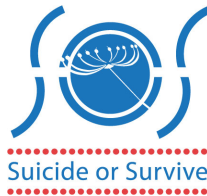
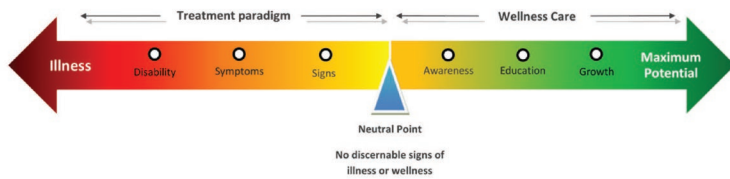
Momentum Support Industrial Team supporting our clients requirements during COVID - 19 using our spray method - cleaning and disinfection service.

momentum supports its **Workforce & its Communities** through mental health and wellbeing awareness with our Charity Partner Suicide or Survive SOS.

THE WELLNESS CONTINUUM

The Wellness Continuum is a scale that shows person's level of wellness, from a low level to a high level.

- LEFT SIDE (Low Side): people rely on others to maintain.
- RIGHT SIDE (High Side): responsible, self-discipline, personal goals.



THE WELLNESS JAR

- 1 Everyday write down a positive thing that has happened to you
- 2 Place in the Wellness Jar
- 3 Open after a month and remember all the great things that have happened



MANAGING ANXIETY DURING COVID-19

Focus on what you can control

Avoid frequently checking the news and unreliable information

Schedule activities

Seek support when you need it

Take care and be kind to yourself and others

