



Women's Mental Health Support & strategy insights

Webinar 2025



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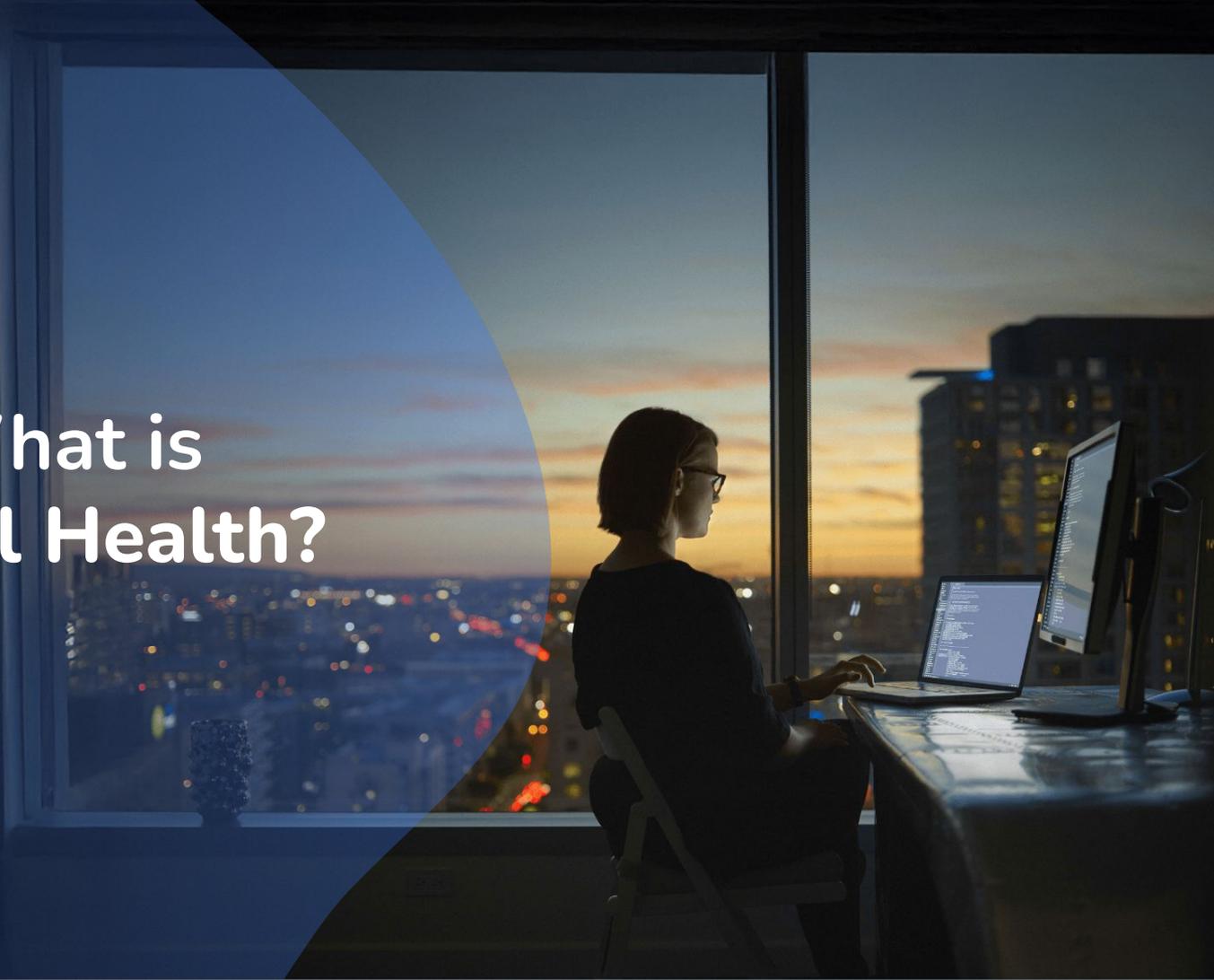


Today's Agenda

- 1 Explore the biology of female mental health
- 2 Examine the evolutionary impact on female mental health
- 3 Create a strategy to optimise female mental health for peak performance
- 4 Questions & Answers
- 5 Thrive app & How to get in contact



What is Mental Health?





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**What words do we associate
with female mental health?**

What influences it?



1

The biology of female mental health



The Brain



Hormones



Genetics



2

The evolutionary impact on female mental



As well as..

3

**Create a strategy for
peak performance**

My mental Health **Strategy**

Women are amazing

What are my
Specific Challenges?

What are my strengths
to overcome this?

Womens Strengths

Examples
may include

Self-Awareness

Connection

Emotional Honesty

Resilience

Support-Seeking

Hormonal Management

Self-Compassion & Self-Care



**HONEST
MINDS**

10 Keys to Happier Living



Giving

Do kind things
for others



Relating

Connect
with people



Exercising

Take care of
your body



Awareness

Live life
mindfully



Trying Out

Keep learning
new things



Direction

Have goals to look
forward to



Resilience

Find ways to
bounce back



Emotions

Look for
what's good



Meaning

Be comfortable
with who you are



Meaning

Be part of
something bigger





Balance

A middle-aged man with a receding hairline, wearing a dark suit, white shirt, and patterned tie, is sitting at a desk in an office. He has a slight smile and is looking down. The background shows a grey cubicle wall with a calendar and a stack of papers on a shelf. A teal rounded rectangle is overlaid on the image, containing the word "Boundaries" in white text.

Boundaries



Don't*

**KEEP
CALM
AND
CARRY
ON**

**HONEST
MINDS**





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Thank you for listening

Any Questions?



Summary

Explored the biology of female mental health

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Examined the evolutionary impact on female mental health

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Examined the evolutionary impact on female mental health





Get in touch today!



Hannah Fox

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Emily Crispin

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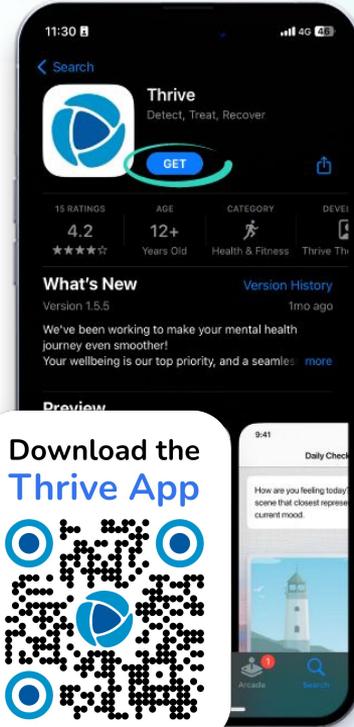
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Your journey to better Mental health Starts here!

The “Thrive” app can be downloaded from
either your Apple or Android app store.





Thrive
Mental Wellbeing