

# 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



# 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

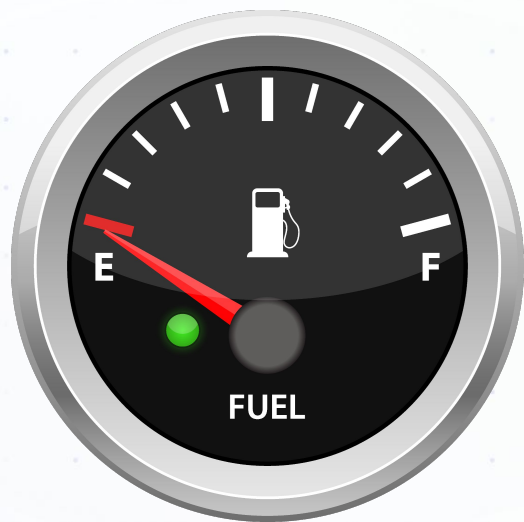


A tall, balanced stack of smooth, rounded stones on a beach, with waves and a clear blue sky in the background. The stones are stacked in a conical shape, with the largest stones at the base and the smallest at the top. The beach is covered with many other smooth, rounded stones of various sizes and colors. The ocean is visible in the background, with white waves breaking. The sky is a clear, bright blue.

**Balance**

A middle-aged man with a receding hairline, wearing a dark suit, white shirt, and patterned tie, is seated at a desk. He is looking down with a slight smile. To his right is a large, tall stack of papers or folders. The background is a plain office wall with some papers pinned to it. A teal-colored rounded rectangle is superimposed over the center of 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!



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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.

