Singapore Association of Administrative Professionals

🌿 World Mental Health Day 10 October 2025 🌿

Today is World Mental Health Day.

On **World Mental Health Day**, *let's pause to remember: our well-being matters as much as the deadlines we meet.*

This year's theme reminds us: **Mental Health is a Universal Human Right**. *That care, respect, and support should be available to everyone, everywhere.*

No matter where we are in our professional journey, our well-being matters — and small steps like pausing for a breather, sharing a kind word, or seeking support when needed can make a big difference. 💙

🔖 *Here are a few useful resources:*
- 🌍 [WHO: Mental Health – Key Facts & Resources](#)
- 💡 [Mind UK: Everyday Tips for Better Mental Health](#)

✨ *Let's use today as a reminder to care for ourselves — and to support one another as a community.*

🗣️ *We asked our members how they care for their mental well-being — here are some of their simple but powerful reminders:*

"Meditation and morning prayer gives me peace and start my day with positive energy." ~ Maria Zulueta, Vice President

"Behind every strong professional is a human who deserves rest, compassion, and care. Mental health matters, always." ~ Jacelyn Ng, Honorary Secretary

"Be kind to yourself, stay happy and think positive." ~ Josephine Kwan, Advisor

MENTAL HEALTH REMINDERS

Doing your best will look different every day.

It's okay to not be okay sometimes.

Celebrate your wins, no matter how small.

@selfcare.recipe

Image via [@selfcare.recipe](#) contributed by Sim Siew Gek, President

✨ *Today and every day, let's choose one small act of care – for ourselves, and for those around us. Together, we make well-being part of our daily practice.*

Resources: World Health Organization (WHO), Mind UK