

## Best Practice - Mental Wellness: A Further Step To An Holistic Lifestyle Approach

Date	Time	Location
March 7, 2019	13:00 - 13:25	CityCube Berlin, Auditorium A3

According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others. Mental health is a level of psychological well-being or an absence of mental illness - the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment". From the perspectives of positive psychology, mental health may include an individual's ability to enjoy life, and to create a balance between life activities and efforts to achieve psychological resilience. As a certified mental coach and life coach, Diana Sicher-Fritsch has developed a health model for this purpose. Together with her guests during the stay at the MentalSpa Resort Fritsch am Berg am Bodensee she successfully implements everyday lifestyle changes.

### Speaker:

[Diana Sicher-Fritsch](#), Life Coach & Mental Coach, MentalSpa Resort Fritsch am Berg, Gesundheitszentrum Denk-Art

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