

INFORMATION & COMMUNICATION DIRECTORATE

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African Union Commemorates 2025 Healthy Lifestyle Day, Focusing on Family Mental Health



The African Union Commission (AUC), through the Medical and Health Services Directorate, commemorated the 2025 Africa Healthy Lifestyle Day today, 10th October 2025, at the African Union Commission Headquarters in Addis Ababa. The event was held under the theme “Mental Health in the Family” with the slogan “Healthy Home, Healthy Workplace.” The activities were highly attended by AU staff, African Member States staff, and representatives.

This year, the AU Medical and Health Services Directorate (AUMHSD), in collaboration with the AU Staff Association, dedicated the event to mental and emotional wellness. Given the rising demands of workplace responsibilities, staff are increasingly susceptible to mental health challenges, which, if unaddressed, can significantly impact productivity, well-being, and institutional performance. African Union Healthy Lifestyle Day provides a platform to promote preventive mental health practices and foster supportive family and workplace environments.

Welcoming the participants, Dr. Adamu Isah, Director of Medical Services, underscored the urgent need for all AU staff to prioritize mental wellness. “As the demands of our jobs increase, so does our susceptibility to mental health risks. The directorate has recognized the critical importance of focusing on prevention, rather than solely on response, to mitigate the alarming rate of mental health concerns. Today’s event is a cornerstone of that preventive strategy, aligning with our commitment to building a resilient and healthy workforce,” he stated.

The celebration, which coincided with International Mental Health Day, is in line with the [AU Executive Council Decision EX.CL.Dec.436 \(XIII\)](#) and directly supports Aspiration 1, Goal 3 of the AU’s [Agenda 2063](#), which focuses on improving the quality of life for all citizens through better health outcomes.

The day featured a wide array of activities designed to educate, engage, and empower attendees. Highlights included:

- Panel Discussions: Exploring family-centered mental health and workplace stress management.

- **Mental Health Zone:** Featuring workshops on mindfulness, art therapy, and relaxation exercises.
- **Health Screenings:** Free on-site checks for blood pressure, BMI, and glucose levels.
- **Physical Activities:** Zumba sessions, group walks, and sports tournaments to emphasize physical-mental health connection.
- **Nutrition Booths:** Offering personalized dietary advice and a fresh fruit and vegetable market.
- **Relaxation Stations:** Providing neck massages, manicures, and reflexology to promote self-care.

The event successfully created a supportive environment for staff to share experiences, connect with mental health resources, and learn practical strategies for building emotional resilience both at home and in the workplace.

About the African Union Medical and Health Services Directorate:

The Directorate is responsible for promoting and safeguarding the health and well-being of African Union Commission staff and their dependents. It implements policies and programs that foster a healthy workforce in line with the African Union's broader strategic goals.

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