

# The Mental WELLTH Code

## An Introduction to mind- full wellbeing



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Disrupting Minds: Unlocking the Mental WELLTH Code  
Your pocket guide to start building mental wealth

*“Stop surviving and start building on your terms.  
It’s time to create your own version of success!”*

*Marcelline Menyié*

## A Personal Welcome

Dear You,

We've been taught to survive.  
To push through. To cope. To perform.  
And somewhere along the way, many of us stopped feeling whole.

The Mental WELLTH Code is an invitation back to yourself.

It's not self-help fluff or another productivity hack in disguise. It's a framework that honours your full humanity; your mind, your story, your nervous system, your need for rest, rage, healing, and joy.

Whether you're navigating burnout, emotional overwhelm, cultural pressure, or just the weight of trying to be "okay", this work is for you.

You don't have to fix yourself.  
But you do get to find yourself... again and again.

Let's begin.

With care,  
Marcelline Menyié  
Psychotherapist, Speaker, Consultant, Author

## What is The Mental WELLTH Code?

This guide is your first step.

Here, I'll share the Mental WELLTH Code — my signature framework for thriving in mind, body, and spirit. You'll explore the pillars of WELLTH, reflect on where you are right now, and discover what's possible when you start disrupting the old story about mental health and unhelpful coping strategies.

Take your time, use the prompts, and let this be the spark of something bigger.

The Mental WELLTH Code is a simple, soul-grounded guide for reclaiming your wellbeing, on your own terms.

It was created to help you feel more connected, resourced, and real in a world that often demands the opposite.

## How to Use the Guide

You don't need to do this all at once.

You don't need to be "ready."

Start small, and stay honest.

Use this guide as a gentle check-in.

Return to it when life feels heavy.

Let it be a mirror and not a measuring stick.

This is not about becoming someone new.

It's about remembering who you were before the world told you otherwise.

## What is Mental WELLTH?

For too long, we've been taught to think about "mental health" as just surviving. Crisis management. Coping. Hanging on.

But you deserve more than that.

Mental WELLTH is about thriving. It's about building inner wealth: clarity, confidence, peace, joy, and resilience.

This is the conversation I'm here to disrupt. And you're invited to join me.

## Why it Matters

We are not meant to live in survival mode.  
And yet so many of us do... quietly, constantly, and alone.

This framework will help you shift from:

- ✗ Survival → ✓ Thriving
- ✗ Hustling → ✓ Honouring
- ✗ Shrinking → ✓ Showing up fully
- ✗ Burnout → ✓ Sustainable energy
- ✗ Silenced → ✓ Empowered

It's a pathway back to your mental wealth; the inner peace, clarity, boundaries and bravery that doesn't always show up on the outside, but deeply shape how you live, love and lead your life.

# What it Stands For

Build **W**isdom and **E**mpowerment for **L**iberation to **L**ive **T**hrive and **H**eal

## **W**isdom

Honouring inner knowing, cultural intelligence, and embodied truth.

## **E**mpowerment

Reclaim your voice, your story, and your right to thrive — on your own terms.

## **L**iberation

Freeing the mind and body from inherited narratives and systemic constraints.

## **L**ive

Be fully here. Choose presence, aliveness, and alignment over survival mode.

## **T**hrive

Grow beyond coping. Build a life rooted in joy, rest, and possibility.

## **H**eat

Restore what was lost, ruptured, or silenced — and return to yourself, whole.

# The Key Pillars

The Code centres on 7 key pillars of mental and emotional wellbeing:

## **1. Wholeness**

Reconnecting with the full version of you - not just the “functional” one. This includes all the parts of yourself you’ve been taught to hide.

## **2. Emotional Mastery**

Making space for your true feelings without shame, fear or disconnection. Meeting your emotions with awareness, not avoidance.

## **3. Boundaries**

Learning to say yes and no in a way that honours your nervous system, your time and your space. Creating space for freedom, rest, and power.

## **4. Truth-Telling**

Letting go of the masks and stories that no longer serve you and focus on serving your purpose.

## **5. Inner Authority**

Trusting your own voice above external noise.

## **6. Healing-Centred Power**

Choosing presence, rest, and self-trust as your form of strength. Reclaiming the power in you that has always existed.

## **7. Sustainable Success**

Redefining success so it nourishes you, not drains you.

These pillars are not theory — they are the foundations of WELLTH.

## Reflection Prompts

Grab a pen and journal a few notes on each:

- **Wholeness: Where in your life do you feel fragmented? What would wholeness look like for you?** (*What have you been hiding or avoiding? What parts of you haven't felt safe to share/show? What does showing up and being at peace internally look like for you?*)
- **Emotional Mastery: What emotion do you avoid the most, and what might it be trying to teach you?** (*Why do you avoid it? What happens/has happened when you've expressed this emotion? Do you need to heal from these experiences?*)
- **Boundaries: What's one boundary you could set this week to protect your peace?** (*What can you do to preserve your energy, mind and time? It doesn't have to be a big shift, it just has to be realistic and in your best interest*)
- **Healing-Centred Power: Where in your life have you been taught that power must look like struggle, force, or constant doing?** (*Who did you learn from? What does power mean to you?*)
- **Inner Authority: Whose voice is loudest in your head right now — yours, or someone else's?** (*What is it telling you? Is it helpful or unhelpful?*)
- **Truth-Telling: What mask or story have you been carrying to protect yourself — but that now feels heavy, outdated, or untrue?** (*What are you protecting yourself from? How would it feel to take the mask off and share your true story?*)
- **Sustainable Success: What does success feel like in your body, not just your bank account?** (*What does success mean to you?*)

## Your Next Step

This guide is just the beginning. Transformation happens when you live the Code daily — and you don't have to do it alone.



### **The Mental WELLTH Circle**

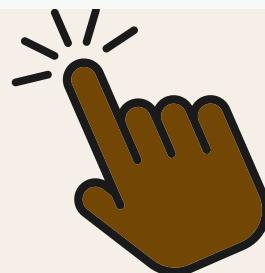
Join a supportive community where we practice the Code together — with live sessions, tools, and connection.



### **The Mental WELLTH Code Course**

Take the full 7-module journey and embody the framework step by step.

### **The Mental WELLTH Circle**



**info@mm-intrawellth.co.uk**



**Marcelline Menyé**



**intrawellth**