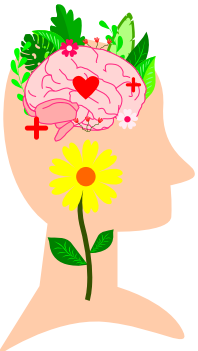


MENTAL HEALTH AWARENESS WEEK

MAY 13 - MAY 19, 2024

Mental health is just as important as physical health. It affects how we think, feel, and act. Mental Health Awareness Week help people understand and prioritise their and others' mental health for overall well-being.



The theme this year is **MOVEMENT**
"Moving more for mental health".

Moving more can increase your energy, reduce stress and anxiety, and boost your self-esteem.



Date for your diary
Friday 17th May

IDEAS FOR HOME

Play games like tag or other games with the family for some fun and laughter alongside movement.

Put your favourite music on and have a living room disco where everyone can dance like no-one's watching!

Enjoy the sunshine by going out for family walks or a picnic at the park.

Create a cuddly movie night - cuddling loved ones releases hormones which make us feel good.



Pupils are encouraged to bring in their favourite book and wear their comfy clothes for a day promoting positive mental wellbeing and a love of reading.

Connect with others. Having a support system is crucial for good mental health. Reach out to friends, family, or a mental health professional if you need to talk or receive guidance for yourself or your child.

USEFUL LINKS

- <https://www.youngminds.org.uk/>
- <https://www.mentalhealth.org.uk/>
- <https://www.place2be.org.uk/>
- <https://www.mind.org.uk/>
- <https://actionforhappiness.org/>