



Mental Health Awareness

GOOD MENTAL HEALTH ISN'T A LUXURY
 Everyone deserves the opportunity to move more for their mental health.

MENTAL HEALTH AWARENESS WEEK
 #MomentsForMovement

Research by the New Economics Foundation has found there are five ways to look after your mental wellbeing



connect

Feeling valued and having meaningful relationships with those around us, as shown to be related to feelings of wellbeing



be active

Moving our bodies has been shown to look after both our physical and our mental health



take notice

Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs



keep learning

Learning new things while at school and work is a good way to boost our self-confidence, which in turn improves our wellbeing



give

Research has found a link between doing good things and an increase in wellbeing