

# Mental Health Awareness Week (18-24 May 2020)

This year's theme is kindness – being kind to ourselves and others.  
Here are five ways to wellbeing:



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

## Monday, 18 May

Be active, go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

## Tuesday, 19 May

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day

Social connections are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF

## Wednesday, 20 May

Learn, try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

## Thursday, 21 May

Take notice, be curious, and catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.



Your time,  
your words,  
your presence

## Friday, 22 May

Give, do something nice for a friend, or a stranger. Thank someone, smile, volunteer your time, and join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with increasing wellbeing.

Join in the conversation on Twitter with #MentalHealthAwarenessWeek #KindnessMatters

For more information and resources on physical, mental, social/family and financial wellbeing, please look at our website [www.norfolkandwaveneypartnership.org.uk/coronavirus/health-and-wellbeing](http://www.norfolkandwaveneypartnership.org.uk/coronavirus/health-and-wellbeing).