

Mental Health Awareness

Mindfulness

CONSIDER DAILY MORNING SESSIONS

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Deep Breathing

CONSIDER MEDITATION

Shallow breathing can cause anxiety symptoms. Take time out of your day to clear your mind and concentrate on your breath.

Self Care

EXERCISE & NUTRITION

Going out for a daily walk and eating a healthy, balanced diet can give you the best foundation in good mental health.

Passion Project

PERSONAL TIME

From enjoying your favourite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy.

Support Network

SOCIAL CONNECTION

Developing your support network and asking for help when you need it is most critical for good mental health. Spend quality time with family and friends online, by phone or seeing someone in person.