

Mental Health Awareness Week

May 2024

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It's **Mental Health Awareness Week** 13th-19th May!

This year's theme is **Movement: Moving more for our Mental Health.**

Movement doesn't just help our physical health – it's great for our mental health too.

When we're active, our bodies release feel-good hormones, and our stress levels decrease. This improves our mood, boosts our energy, and can help us feel less depressed or anxious. Physical activity also boosts our self-esteem and confidence, helps us sleep well and improves our focus and memory – all great things to help our children get through their school day.

Movement also helps us get through our busy days as parents, carers, workers, and partners.

But it can be difficult finding the time for ourselves, especially when we think exercise should last a whole session or be really intensive. Instead, think about how you can incorporate short bursts of movement throughout your day. Ideas include:

Jumping on the spot while waiting for the kettle to boil

Doing leg stretches while in an online meeting

Getting off the bus 2 stops early and walking the rest of the way

Playing 'follow the leader' with your child

Using the stairs instead of the escalator/lift

You can find some top tips [here](#) and movement ideas for people with health conditions [here](#).

It can be difficult motivating children to move more in this digital age. It's important they know that sitting for too long and staring at a screen have been proven to have negative impacts on our physical and mental health. Challenge them to take a 5-minute movement break every half an hour – the more fun the activity, the more likely they will be to do it. How about dancing to their favourite song, doing handstands, using a hula-hoop, trying to keep a balloon off the floor.

The Mental Health Support Team supports children and young people and parents/carers to think about mental health and wellbeing.



We provide a telephone drop-in service where you can speak to one of our team about your mental health and wellbeing
Please note, this is not a counselling service

Click [here](#) or scan the QR code to schedule a call with us.

For blog posts, and to learn more about the support we offer, visit our website: www.hfemind.org.uk