

Mental Health Awareness Week

May 2024

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 **mind**
Hammersmith,
Fulham, Ealing
and Hounslow



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 these things help us with our school day.

We know the word 'exercise' can sometimes put us off from doing physical activity.

It can make us think of gyms or jogging, which some of us don't enjoy. But if we use the word 'movement' instead, we can come up with lots of creative ways to boost our mood! What about..?

Dancing around your home to your favourite music

Playing tag with your friends

Doing stretching exercises in the morning

Keeping a balloon or ball off the floor for as long as possible

Creating an obstacle course

Following a fun 5-minute fitness video like this one: [click here](#)

It's important to find something FUN, so you want to do it instead of seeing it as a chore.

Check out more about Mental Health Awareness Week by clicking [here](#).

You can download social media pictures like this one by clicking [here](#).



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