

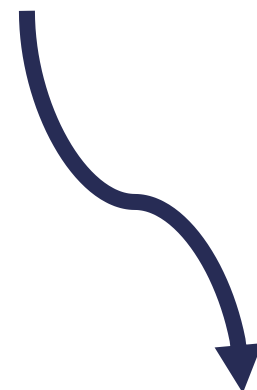
Get 'Wild' about your Wellbeing!

Mental Health Awareness Week

10-16th May 2021



Warwickshire



Stand in a green space and TAKE NOTICE of what you can see, hear and smell....	GET ACTIVE by climbing your nearest hill. Pause at the top and enjoy the view	Walk barefoot on the grass and TAKE NOTICE of how it feels
CONNECT with family or friends by sharing a meal outside	Can you LEARN to identify a new plant or animal this week?	GET ACTIVE and walk the same route at different times of day - what can you spot?
GIVE your time by signing up for one of our volunteering taster sessions this summer	Share a nature joke with a friend and CONNECT through laughter	GIVE £5 to our Nature Recovery Fund and help protect land for the future

I'm getting involved with the
5 Ways to Wellbeing



#MentalHealthAwarenessWeek
[mentalhealth-uk.org/mhaw](https://www.mentalhealth-uk.org/mhaw)

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