

World Mental Health Day



Prioritising Our Own Mental Health



Physical Activity



cycling



walking



running



gym

Connecting with Others



friends



pets



family



call or message

Doing Things You Enjoy



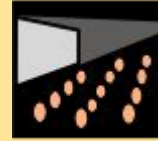
reading



music



drawing or making something



watching a film



playing a video game

Mindfulness and Relaxation



yoga



meditate



breathe



sit quietly

Rest and Sleep



Things That Make Us Feel Good



Everyone is different, and what helps one person might not work for another, but here are some ideas that can make a big difference in keeping our minds healthy:

- **Physical Activity:** Whether it's running, dancing, or even just going for a walk, moving your body can help you feel happier and more relaxed.
- **Connecting with Others:** Spending time with friends, family, or pets can help us feel supported and loved.
- **Doing Things You Enjoy:** Whether it's drawing, reading, playing a game, or listening to music, doing something you love can boost your mood.
- **Mindfulness and Relaxation:** Taking time to relax, meditate, or just breathe deeply can help reduce stress and clear your mind.
- **Rest and Sleep:** Getting enough rest is key. Good sleep helps us manage our emotions and think more clearly.

Remember, It's Okay to Ask for Help


Sometimes we all have difficult days, and that's okay. What's important is knowing that we don't have to deal with it alone. Talking to someone, whether it's a teacher, friend, or family member, can make a big difference.



This World Mental Health Day, think about one thing you can do today that helps you feel good—and make time for it!



https://www.justgiving.com/fundraising/01J9KN0NJM9GJHHDGMRFGAZZ0E-1728310171?utm_campaign=lc_frp_share_transaction_fundraiser_page_donation_received_-_nth_donation&utm_content=c948c3e9-2e5b-4293-ba25-a8122ce5c609&utm_medium=email&utm_source=postoffice&utm_term=1728506139497



Wear it loud. Wear it proud.

Wear yellow this World Mental Health Day, 10 October, and show young people they're not alone with their mental health.

Hello Yellow
THURS 10 OCT


M&S | YOUNGMINDS

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18%


£27
raised of £150 target
by 4 supporters

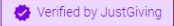
Give Now
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 Dominic Sunderland

Support Capella House School for Hello Yellow World Mental Health Day

Fundraising for Young Minds Trust

 **Young Minds Trust**
RCN 1016968
www.youngminds.org.uk

 Verified by JustGiving

We are the UK's leading charity fighting to ensure a better future for young minds