



MENTAL HEALTH AWARENESS WEEK

13-19th May

**THIS IS YOUR REMINDER TO MOVE
TO HELP IMPROVE YOUR MOOD.**

BENEFITS OF BEING ACTIVE INCLUDE:

- Meeting new people!
- Having a break from daily life.
- Give yourself a confidence boost.
- Release tension, anger, stress and mental fatigue.
- It's a natural energy boost.
- Provides a sense of achievement.
- Increases focus and motivation.

Find support here:



Want to learn more?



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