

Move this May – Wellbeing Newsletter



Mental Health Awareness Week

The 13th -19th May marks Mental Health Awareness Week. This year's theme is **Movement: Moving more for our mental health**. But what is Mental Health and why is it important?

"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community." ([WHO](#), June 2022).

Mental Health affects us all, as physical health does, but it is often less talked about. It can affect any or all aspects of our life if we end up with poor mental health. Good Mental wellbeing is different for everyone, so it's important to figure out what works for best for you. Some people actively engage with boosting positive mental wellbeing while for others it may be more passive, there is no right or wrong. This year's Mental Health Awareness Week campaign promotes small actions to keep everyone moving that can fit in with your daily schedule. For more information, visit: <https://mentalhealth-uk.org/mental-health-awareness-week/>

A poster with an orange background. At the top left, the text "Find moments for movement every day" is written in white. To the right of this text is a dashed blue circular arrow. Below the main text, it says "Why not use the time you spend waiting to move? Like when the kettle's boiling!". At the bottom left is the Mental Health Foundation logo, and at the bottom right is a white clock face on a dark blue background. The text "MENTAL HEALTH AWARENESS WEEK" and "13-19 MAY 2024" is at the bottom.

Wellbeing in Practice

Emma Wood in Biodiversity has been organising virtual tea and chats for her team to encourage each other to check-in with one another, as well as a drop-in the team are now encouraged to have paired virtual tea breaks in the outdoors when possible! Being remote makes this a lot more difficult as the “water cooler” chats don’t happen organically. This takes a lot of effort and careful consideration to get these things “right”. A great example of the way this remote working team are supporting themselves and others to take a break regularly, as well as building good working relationships.

Dates for the Diary

6th – 12th May: Deaf Awareness Week – Click the links for more information and tips on communicating with people who are [Deaf or with Hearing Loss](#), and a video from the [National Deaf Children’s Society](#).

15-21st May: Mental Health Awareness Week (As mentioned above)

For more information, visit: <https://mentalhealth-uk.org/mental-health-awareness-week/>

Useful Links

- Westfield Health 24-hour Advice Line:
<https://www.westfieldhealth.com/benefits/benefit/24-hour-counselling-and-advice-line>
- Check out the [Wellbeing and Support Padlet](#) for lots of great resources and links to collections of articles about the importance of nature for wellbeing