

MindWell



MindWell - the mental health website for people in Leeds

#MentalHealthAwarenessWeek
#KindnessMatters

@MindWellLeeds

Do something that helps you relax or recharge

Plan at least 10 minutes today for a cuppa and sit in your favourite place and just be.



Take time to chat with someone who is supportive and caring.



Notice when you're feeling stressed today. Take a moment to just breathe and shake out any tension you're feeling.



Take time for an activity you love.

Whether that's planting some seeds, baking bread, reading a book or crafting. Really notice how it makes you feel.



Who makes you laugh? A friend, comedian or social media account? Give yourself a few minutes to have a good laugh - you deserve it!

