



7 days - 7 ways

A week of activities to support your mental health



It's what we do

Supporting Mental Health Awareness Week | 18-24 May 2020

Mental Health Awareness Week is here, and so are we

Looking after your mind has always been important. But when the going gets a little tough, looking after our mental health is more important than ever.

Setting goals and achieving them can have a really positive effect on how we feel. That's why we've put together 7 days, 7 ways – a week's worth of easy activities you can use to be kind to your mind. Have some fun and try something new.

Day one: Start a gratitude journal

Keeping a gratitude journal and writing down one thing a day that you're grateful for can do wonders for your mood. Journaling regularly can help you offload stress and focus your thoughts in a healthy way.

You might be surprised by all the things you appreciate, and writing them down is like giving yourself lots of little reasons to smile. After a while, you can spend time looking back and reflect on the positives in your life.



Day two: Be a good neighbour

Our communities start with our neighbours. Make someone's day by taking a couple minutes to check in and have a chat (in a socially distanced way).

Whether you know them well or not, it feels good to be good. A quick display of kindness can help your neighbours' mental health as well as your own. Give it a try!

Day three: Get moving!

Keeping active is great for your mental health, so be kind to your mind and get that body moving. If you don't usually exercise, keep it simple with a walk round the garden or stretches for beginners.

If you're a fitness fanatic, challenge yourself with something new. Whatever you choose to do, getting that pulse up is proven to give your mood a lift. <https://coop.uk/2WA4gth>





Day four: Healthy food, healthy mood

When it comes to health and wellbeing, the things we eat play a big part in our lives.

Different foods contain different things, so making sure your meals are giving you the nutrition you need is really important. Today, be kind to yourself and try one of our deliciously healthy recipes.

www.coop.co.uk/recipes

Day five: Share a recipe

Doing something for someone else can be amazing for your mental health, and nothing brings people together quite like quality home-cooked food.

Whether you're dropping a takeaway box on the doorstep or enjoying a socially distanced picnic together, try making a healthy meal and sharing it with a friend or neighbour. A small act of kindness can really brighten your day, and someone else's too.



Day six: Quote of the day

When you're lacking inspiration, sometimes it's up to you to inspire yourself. Have a go at creating your own motivational quotes; some words that'll help you get through when you need them. Download and print our customisable postcard [here](#), so you can share your wise words with a friend. You never know, your words might be just what they need to hear right now.

Day seven: Colour me happy

Getting away from all the hustle and bustle can give your mind a much-needed rest, and drawing is a great way to do it. It might sound too easy, but colouring gives you something to focus on, helping you take your thoughts away from the stresses and strains of everyday life. So, crack those pens out, then download and print our mindful colouring sheet [here](#). Oh, and adults, you're never too old to draw. Have fun!





Healthier minds, happier communities

In the UK, one in four people experience a mental health problem every year. That's someone in every family, every friendship circle, and every business. It could even be you.

That's why we're working in partnership with Mind, SAMH; Inspire, to bring communities together and improve mental wellbeing right across the UK.

Mental Health Awareness Week 2020 is all about kindness. Just one act of kindness can have a knock-on effect, creating a community of happier and healthier minds. Whether you feel like you're struggling or not, we hope the tips in this leaflet can help you and the people you hold close.

If you need more support with your mental health, or think you know someone that does, please don't hesitate to get in touch:

Contact Mind for support in England and Wales on 0300 123 3393 (lines open 9am to 6pm, Monday to Friday), text: 86463 or email info@mind.org.uk. Mind is a registered charity in England & Wales no. 219830.

Contact SAMH for support in Scotland on 0344 800 0550 (lines open 9am to 6pm, Monday to Friday, excluding bank holidays) or emailinfo@samh.org.uk. SAMH (Scottish Association for Mental Health) is a registered charity in Scotland no. SC008897.

Call Inspire for support in NI on 0289 032 8474 (lines open 9am to 6pm, Monday to Friday). Inspire Wellbeing is a registered charity in NI no. 103470.

Mind: Phone calls from UK landlines are charged at local rates. Charges from mobile telephones vary considerably. The charge for your call will depend on your mobile phone provider and the contract that you have with them. Mind does not get any money from telephone calls.

SAMH: This is a low cost number.

Inspire: Freephone. Callers can receive signposting information for mental health services from this number but it is not a helpline. Those experiencing distress or despair should call Lifeline 0808 808 8000. Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.