

World Mental Health Day 10 October 2024

Talking about our mental health can help us cope better with life's ups and downs. So, on World Mental Health Day and beyond it, why not check in with your family, friends, classmates and colleagues?

What does a good Mental Health Day look like?

- Start the day with a Mindful Minute (sit eyes closed for one minute, focus on your breathing, nothing else)
- Eating Healthy
- Spending time with others
- Exercise
- Time to relax (Self care)
- Sleeping well

