

Action



- This is mental health awareness week, and this year we are called to go beyond awareness to taking action - for ourselves, for others and for all of us.
- What can we do to boost our own mental health and wellbeing? Find one positive action that works for you, and find a way to build it into your regular routine. This could be as simple as eating and sleeping well, getting some fresh air or making time for friends. Look for ideas on the MHAW website. There is a special page on looking after your mental health as a teacher.
- How can you build a healthy classroom, school or community for those around you?
- How can we encourage those in power to take action to ensure good mental health for everyone on the UK?

“You are enough. You have always been enough.” Unknown.

“Happiness can be found even in the darkest of times, if one only remembers to turn on the light.” Albus Dumbledore (J K Rowling).

