

# STRESS

: ARE WE COPING?

**MENTAL HEALTH AWARENESS WEEK**

**14-20 MAY 2018**

**mentalhealth.org.uk**

## 5 DAYS TO WELLBEING!

Come and celebrate Mental Health Awareness Week with us! Join us for activities and workshops to help you unwind!

**MON 14<sup>TH</sup> – FRI 18<sup>TH</sup> MAY 2018, 11:30am – 1:30pm**  
**DALGARNO TRUST, 1 WEBB CLOSE, DALGARNO WAY W10 5QB**

For further details please contact Carmel or Sue on 020 8969 6300 or Muskaan on 07715 636 626



# ACTIVITIES CALENDAR

## MONDAY 14<sup>TH</sup> MAY 2018

11:30am – 11:50am	Registration and overview of the week
11:50am – 12:30pm	<b>STROLL OUT OF STRESS:</b> Join the Community Champions to explore your neighbourhood
12:30pm – 1:15pm	<b>FOOD FOR MOOD:</b> Learn how types of food can make you feel better

## TUESDAY 15<sup>TH</sup> MAY 2018

11:30am – 11:45am	Welcome and registration
11:45am – 12:30pm	<b>STRETCH &amp; BREATHE:</b> Relax and revitalise with a sequence of simple postures
12:30pm – 12:45pm	Break & refreshments
12:45pm – 1:30pm	<b>DANCE FOR WELLNESS:</b> Low impact move and groove for all (chair-based)

## WEDNESDAY 16<sup>TH</sup> MAY 2018

11:30am – 11:45am	Welcome and registration
11:45am – 12:30pm	<b>DISCOVER YOUR INNER CALM:</b> Interactive talk techniques for emotional wellbeing
12:30pm – 12:45pm	Break & refreshments
12:45pm – 1:30pm	How to live in the now with Mindfulness

## THURSDAY 17<sup>TH</sup> MAY 2018

11:30am – 1:30pm	<b>TALK TO THE EXPERTS:</b> Explore your local wellbeing services followed by a free lunch
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## FRIDAY 18<sup>TH</sup> MAY 2018

11:30am – 11:45am	Welcome and registration
11:45am – 1:30pm	<b>CHALLENGE &amp; CHILL:</b> End the week with fun and games!

