

Planting Peace of Mind

Mental Health Awareness Week takes place 6th - 12th October.



You bring
light wherever
you go

To

From

A little sunshine
for you





Keep
shining





You are
enough,
just as
you are



Your
kindness
makes the
world
brighter





Loved
more
than you
know






To:

From:

Grounding for Wellbeing


Pause & Ground

A quick reset for your mind, body, and spirit

-  5 things you can see
-  4 things you can touch
-  3 things you hear
-  2 things you smell
-  1 thing you can taste

Tip: Breathe slowly as you go, and notice how your body feels afterwards.

Wellness Top-Ups

-  **Tiny Boosts You Can Try Today**
 - Take 3 deep breaths before your next task
 - Drink a full glass of water
 - Step outside for 2 minutes of fresh air
 - Send a quick "thinking of you" message
 - Stretch your arms up to the sky