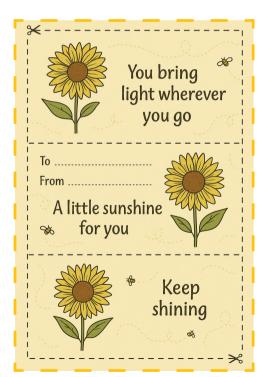
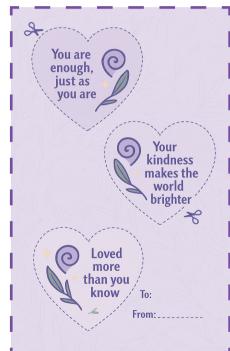
Planting Peace of Mind Mental Health Awareness Week takes place 6th - 12th October.





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