

May 2021

## 10th-16th May is mental health awareness week

The theme for Mental Health Awareness Week this year is nature. Spending quality time with nature can reduce stress, balance your mood and help you feel more positive. The important thing is to switch on your senses and really connect – whether that's noticing nature on your daily jog, or listening to the birds on your woodland walk.

Mood booster

Self aware

Free

Calm

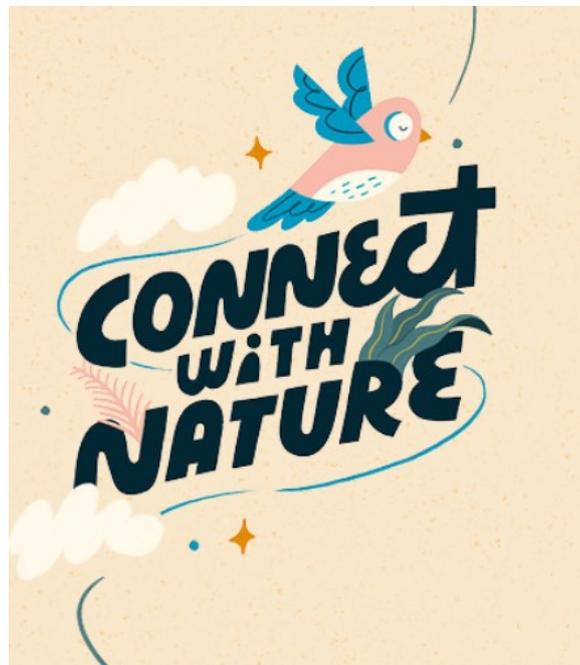
Motivated

De-stress

Peaceful

Connect

Enjoyment



Follow us on social media - @lancsmind  
Find more resources for Children and Young  
People, Adults and Parents on our website:

[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)

# Why nature and the environment?

UK Mental Health Awareness Week will take place from the 10th to the 16th May in 2021. This year's theme is nature and the environment.



  
Nature and the environment



MENTAL HEALTH AWARENESS WEEK  
10-16 MAY 2021

The evidence is clear that access to nature is crucial for our mental health, and millions of people discovered that during lockdowns in 2020. However, this was not the same for all of us.

MHAW 2021 will explore what the barriers to accessing nature are, and ensure that everyone is able to share in the natural world and experience its mental health benefits.



# Six tips to support getting Out into nature.



## Experience nature-

Take time to recognise and grow your connection with nature during the week. Take some time away from your busy schedule and go for a 10 minute walk or even just sit in the garden for a few minutes to relax.



## Share nature-

Take a photo, video or sound recording and share the connections you've made during the week, to inspire others. Join the discussion on how you're connecting with nature by using the hashtags  
#ConnectWithNature  
#MentalHealthAwarenessWeek.



## Quality time-

Spending quality time with nature can reduce stress, balance your mood and help you feel more positive. The important thing is to switch on your senses and really connect – whether that's noticing nature on your daily jog, or listening to the birds on your woodland walk.



## Take notice-

Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice! Maybe you'll be able to hear the birds, rustling of leaves, distant traffic. Just take some time to sit and notice the sounds around you.



## Talk about nature-

Use our tips, school packs, research and guides to discuss with your family, school, workplace and community how you can help encourage people to find new ways to connect with nature in your local environment.



## Get creative-

Take the time to journal about what you felt when you went out in nature. You could even draw, paint or sketch what you have seen and how it has made you feel. Give yourself a project in the garden and plant some seeds and watch them grow.

**Take Action, Get Active** is back for Mental Health Awareness Week this May. Our theme this year is nature and we are calling on you to take part by completing half an hour of exercise a day outdoors, throughout the month of May, to support the Mental Health Foundation.



Complete 30 minutes a day, your way, to help us work towards a mentally healthier future for all.

Spending quality time with nature can reduce stress, balance your mood and help you feel more positive. So while you get active, make sure to switch on your senses and really connect. Whether it's noticing nature on your daily jog, or tuning in to the birds while doing morning yoga on your balcony, let nature nurture you.

It is free to take part in the challenge, but we recommend setting a fundraising target of £150. We will send you regular tips and advice by email on how to fundraise throughout this challenge.

Read on for ideas on how you can get active this May whilst fundraising for the Mental Health Foundation, including your very own exercise calendar.

Taking part in this challenge will allow you to look after your own wellbeing, whilst raising vital funds for the Mental Health Foundation.

## Ways you can get active

### Running / Jogging

Going for a run or jog gets the blood pumping through your body and can help release tension.

### Yoga in the park

Yoga is a great way to stretch your body and release tension from your muscles and mind.

### Walking

Exploring and connecting with nature can help prevent mental health problems and protect our wellbeing.

### Cycling

Cycling pumps blood around the body quickly which allows for rapid spread of endorphins, promoting positive mental health.



**Any other activity that can be completed outside or a combination of the above – whatever form of exercise makes you happy.**

As long as you are doing 30 minutes a day outside, you can get as creative as you like. You can even ask friends and family to nominate a specific type of exercise for you to do.

Whatever your activity, please make sure you remain safe, and follow the most up to date government guidelines when taking part in your challenge. Please note that these could change between now and when you begin your challenge.

The Five Ways to Wellbeing are evidence based actions you can do each day to maintain a positive sense of... (you guessed it) wellbeing! Below we are going to look at how we can support our wellbeing whilst linking in connecting with nature for mental health awareness week.

1) **Connect** This may feel harder at the minute with us not fully being able to socialise as normal with friends and family. With this in mind, try and organise a facetime with a few friends in the garden, a phone call whilst walking or even a socially-distant talk from the garden gate. Connect can also mean taking the time to connect back with yourself. Taking a walk in the park and truly enjoying it, realising what your body feels like and what emotions you feel at that moment in time.

2) **Be Active** This doesn't need to be as daunting as it sounds! Being active and connecting with nature can be as simple as you would like it to be. Try new ways of appreciating nature maybe putting on some music you love and having a good dance around your garden or in the local park and just letting go of all that energy that has built up. Being active simply means to move your body, so when you do make sure it's in a way that you really enjoy. Spending quality time with nature can reduce stress, balance your mood and help you feel more positive. The important thing is to switch on your senses and really connect – whether that's noticing nature on your daily jog, or listening to the birds on your woodland walk.



# Five ways to wellbeing

## Continued

**3) Keep Learning** You may have never really given nature much thought before and this may feel like a challenge as it might be something that doesn't really interest you. Try and push yourself to maybe learn about different birds, types of plants, insects or flowers and then share what you have found with others. It is so important to keep learning and pushing yourself even when you feel like you don't want to. Make yourself feel proud of what you're achieving.

**4) Take Notice** Take notice of how you feel in your body and mind. Do you feel tired, stressed, overwhelmed, happy, excited? Acknowledging these sensations can help us get through the day. It is important to see if being outside in nature can change these feelings for you. Does it make you feel calmer, more relaxed? Take the time to sit or stand in a place of nature and notice any sensations in your body, take three – five deep breathes and see if being outside helps you regain clarity and focus.

**5) Giving** There are lots of ways we can give to nature that can help us to feel good. This may be litter picking, planting new seeds, walking on designated paths. When we do something good for the environment and nature this will help boost our own wellbeing and release those feel good hormones.



# Remember....

Remember... it's ok if you don't live in an area with lots of green or if you have limited out door space. Being out in nature doesn't necessarily mean being in an area with lots of greenery. Just going for a walk around the block and noticing what is around you is connecting with nature. Just use what you have around you!

Try using this 5,4,3,2,1 technique to help you stop and take notice.



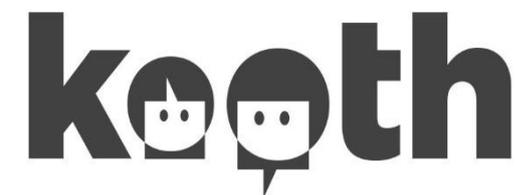
It is very normal to feel overwhelmed with all the changes we face at present and how this could lead to a feeling of stress. To help make things feel less scary it is important to use things that help us feel good. Below are useful webpages that have great resources on them and can be an extra addition to your mental health tool kit. Click on the picture to be sent directly to the page



Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome.



We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.



XenZone is a provider of online mental health services for children, young people and adults.

Kooth, from XenZone, is an online counselling and emotional well-being platform, accessible through mobile, tablet and desktop and free at the point of use.



ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

It is very normal to feel overwhelmed with all the changes we face at present. Below are useful apps that have great resources on them and can be an extra addition to your mental health tool kit. You can also look on the NHS library for more suggestions.



**Insight Timer**



**STOP, BREATHE  
& THINK**



## General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

## NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

## Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

## Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.kooth.com/>

<https://wellbeingpassport.org.uk/>

## Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356