



Peer Education Project



Assembly





Mental Health Awareness Week 2021



The theme is **Connect with Nature.**





'Connect with Nature'



Connecting with nature is about building a relationship with nature by **noticing** and becoming sensitive to the environment around us.

This has benefits for our physical and mental health.





What is mental health?



Mental health is made up of our thoughts, feelings, mood and behaviour.

We all have mental health, just like we all have physical health.

Our mental health can change depending on our experiences and circumstances throughout our lives.





Ways we have

connected with nature this week at Pinfold



Focus 1 - Grow or pick food



Focus 2 - Bring nature inside



Focus 3 - Help the environment



Focus 4 - Connect with animals





5 ways to look after your own mental health?





Look after your own mental health



Connect - hands

With family, friends and neighbours at home, school or in the local community.

You can connect by being together, talking on the phone, virtually though FaceTime, Zoom





Look after your own mental health



Be active - legs

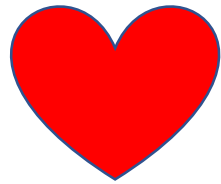
Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

Most importantly you discover a physical activity you enjoy that suits your level of mobility and fitness.

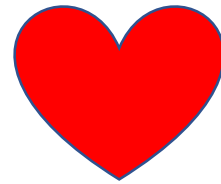




Look after your own mental health



Give – heart



Do something nice for a friend or family member.

Thank someone. Help someone. Smile.

Volunteer your time.





Look after your own mental health



Keep learning – head

Try something new. Rediscover an old interest. Sign up for a course.

Take on a different responsibility at work. Fix a bike.
Learn to play an instrument or how to cook your favourite food.

Learning new things will make you more confident as well as being fun.





Look after your own mental health



Take notice – eyes and nose



Be curious, stop and look around.
Catch sight of the beautiful. Remark on the unusual.
Notice the changing season.

Be aware of the world around you and what you are
feeling.

