

## TAKE ACTION WITH US

### Mental Health Awareness Week

The theme for MHAW 2026 is Take Action.

What one thing can you do this week to boost your mental health?

Please write it overleaf so we can share it.

Here are the **Five Ways to Wellbeing** to inspire you:

**CONNECT** ...with others around you

**BE ACTIVE** ...move in a way you enjoy

**TAKE NOTICE** ... pause and be present

**KEEP LEARNING**... new skills to give you confidence

**GIVE TO OTHERS** ... and help yourself feel good too

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What one thing will you do this week to boost your mental health?



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