








Mental Health Awareness Week 2021



Things to remember as lockdown restrictions are eased...

-  You can always decline social invitations if you feel uncomfortable or overwhelmed
-  It's ok to feel emotionally unsteady
-  Your body doesn't have to look a certain way
-  There's no right way to feel, think or move forward
-  It's ok if your pre-lockdown ways no longer serve you



And remember you can always ask for help.

- www.mind.org.uk/coronavirus-we-are-here-for-you/
- www.anxietyuk.org.uk/
- www.amservicesgroup.co.uk/mental-health-in-the-workplace-and-what-to-do-next/



#MentalHealthAwarenessWeek
#connectwithnature

