

ACTION

FOR YOURSELF.
FOR SOMEONE ELSE.
FOR ALL OF US.



MENTAL
HEALTH
AWARENESS
WEEK
11-17 MAY 2026

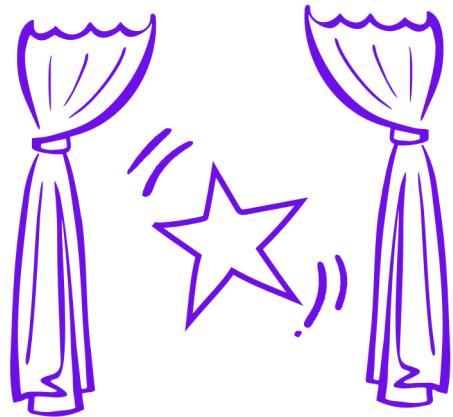
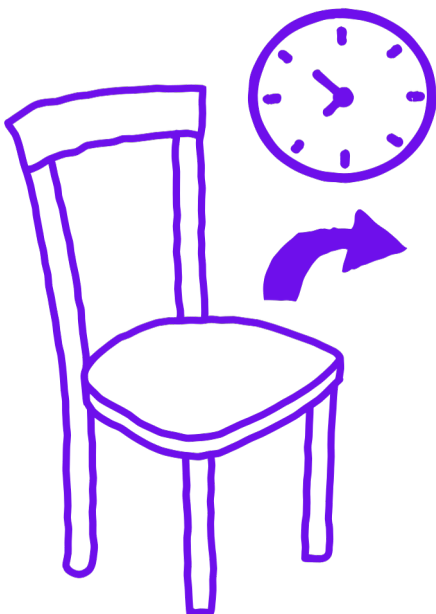
Ten quick actions to boost your mental health

Quick, easy daily things to boost your mood and wellbeing, even on days when your energy levels are low.

Here are ten quick actions to try that can help your mood.

1. OPEN THE WINDOWS

For a quick mental health boost, try opening your bedroom windows. Letting fresh air in and stale air out can allow natural light to come in, help you feel closer to nature and boost your mood.



2. TRY CHAIR YOGA

Chair yoga or any stretching exercises you can do while sitting down is a great way to reduce stress quickly, help you sleep, and improve your mood fast so you feel calmer.

3. HEAD OUTSIDE

Spending time in nature is linked to lower stress levels, improved mood and better focus. Even brief outdoor activities like a walk in a local park, gardening or just sitting in a green space, can really make a difference to how we're feeling.



5. DRINK WATER

Staying hydrated can help you focus, improve short-term memory, and boost your mood, making it one of the simplest mental wellness tips.



7. TRY A BREATHING EXERCISE

Deep breathing exercises can bring instant stress relief and relaxation, as well as help you get a better night's sleep.



9. PRACTICE GRATITUDE

Remind yourself each day of three things you are grateful for.



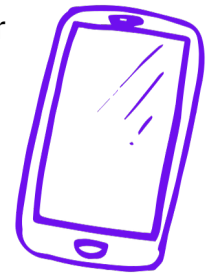
4. TRY A MINUTE OF MINDFULNESS

When we're stressed or anxious, mindfulness can be a great way to break negative thoughts and bring ourselves back into the moment. You don't have to spend ages doing it - just take 5 to stop, look, listen, touch and hear what's going on around you.



6. PHONE A FRIEND

Call a friend, family member, or loved one for a catch-up, a fun conversation can be so emotionally healing when we're feeling down.



8. CREATE A RELAXING BEDTIME ROUTINE

Good quality sleep helps your brain work better, boosts your mood, and is good for your overall health. Simply going to bed with a book instead of your phone, having some background noise or a calming playlist, can help you drift off to sleep.



10. BE KIND TO YOURSELF

If you're finding it hard to cope in the moment, try not to beat yourself up. Instead, aim to appreciate or celebrate the smaller things you've done.

