

ACTION

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



MENTAL
HEALTH
AWARENESS
WEEK

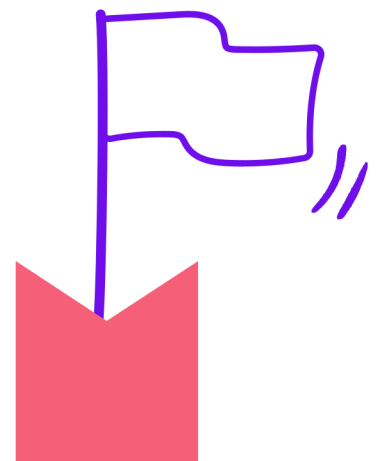
11-17 MAY 2026

Our top ten actions to support good mental health

These simple actions can help boost your mood.
Try a couple and find which works best for you.

1. PLAN SOMETHING NICE TO LOOK FORWARD TO

Planning fun things can really boost our mood. Having something fun to look forward to makes life feel more hopeful. It doesn't have to be a huge plan like going on holiday – even small things count, like a trip to the shop to finally buy something you've been saving for.



2. EAT WELL

Eating a balanced diet is one of the easiest ways to boost your mental health. Even quick wins – like drinking more water or grabbing fruit as a breaktime snack – can help us feel more healthy.



Tips taken from: [mentalhealth.org.uk](https://www.mentalhealth.org.uk)



Young People in Suffolk can find wellbeing support at: [Thesource.me.uk/wellbeing](https://thesource.me.uk/wellbeing)



3. GET CLOSER TO NATURE

Spending time in nature can boost your mood, lessen stress, and help you focus.



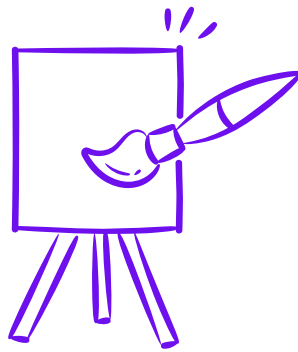
4. GET MORE SLEEP

Good quality sleep helps your brain work better, boosts your mood, and is good for our health.



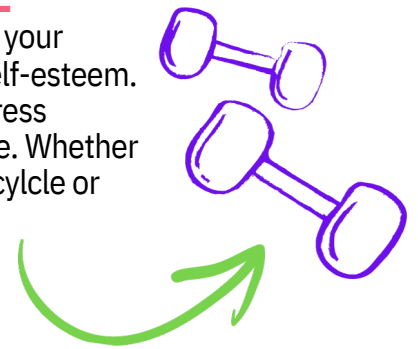
5. GET CREATIVE

Spending time on creative activities is great for releasing stress and anxiety. Listen to music, draw, sing or do some creative writing - whatever you enjoy.



6. MOVE MORE

Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, run, cycle or dance it all counts.



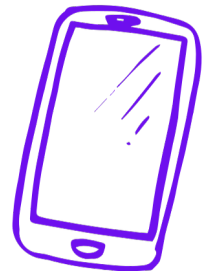
7. TRY MINDFULNESS

Being fully aware in the present moment can change the way you feel about life and how you approach challenges. Instead of looking down at your phone, simply look up at the sky more. Take in what you feel, touch, smell and hear around you.



8. MAKE TIME FOR FRIENDS

Having good friends around us can help us feel like we belong, allow us to share experiences, and feel supported. Check in on a friend or try activities that allow you to make new friends.



9. BE KIND

Bad days happen to everyone. If you're having a tough day, remember to treat yourself with kindness and understanding. You're doing the best you can.



10. TALK TO SOMEONE YOU TRUST

It can take a lot of courage to tell someone else how you feel or what you're finding hard. Just talking things through with an adult you trust can make you feel less alone.

