

Join us 13-19 May for **Mental Health Awareness Week**

Activities that boost your mental health



1

Take a walking lunch

31 Day challenge making moments for movement

2

Head outside to eat rather than at your desk

3

Stretch for 5 - 10 minutes

4

Arrange a walking meeting

5

Every hour get up and move around

6

Take the stairs rather than a lift

7

Walk or ride a bike to work

8

Park in the furthest space in the carpark

9

Dance during moments when you may just be standing around

10

Walk over and chat in person rather than sending an email

11

Walk a little further to fill up your water bottle

12

Stretch / raise your legs and arms whilst watching TV

13

Pick up a basket rather than using a trolley when grocery shopping

14

Arrange a walking date with a friend

15

Do calf raises while preparing food

16

Do squats while brushing your teeth

17

Only drive to places you cant walk to

18

Do house work faster than normal/to music

19

Spend time gardening

20

Wash and vacuum your car yourself rather than paying someone else to

21

Walk up and down the stairs

22

Outdoor activities with friends, children or pets

23

Take part in one of SASP's activities

24

Do head, neck and shoulder rolls whilst sitting

25

If you work in an office try using a standing desk

26

Practice balancing on one leg whilst waiting for the kettle to boil

27

Stand up every time you receive a phone call

28

Roll on a therapy ball

29

Practice some yoga poses

30

Volunteering - Food Pantries, Community Centre's / gardens

31

Don't use the closest toilets to you, walk a little further