

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

Make a move for your mental wellbeing

“Every step forward is a step towards better mental wellbeing”

This Mental Health Awareness Week we are sharing ways that movement can support your mental wellbeing and helping you to find moments for movement, suited to your daily routines.

Any form of movement big or small, has a positive impact on our health and wellbeing. Regular movement can help:

- Boost self-esteem
- Increase energy levels
- Reduce stress
- Improve mood



For more information on how movement can promote better mental wellbeing and ideas on how to incorporate more movement into your life visit www.healthysomerset.co.uk/mental-health-awareness-week