mind | Leeds
for better mental health

World Mental Health Day
10th Oct 2017

Mental health difficulties can affect anyone, any day of the year, but 10th October is a great day to show your support for better mental health and start looking after your own wellbeing.

The theme for World Mental Health Day 2017 is **Workplace Wellbeing**.

Leeds Mind would like to suggest that on 10th October you take time out of your busy working day and...

C Chill out, focus on your breathing. Breathing exercises can help reduce stress and anxiety.

H Have a balanced lunch - it can help your mind and body stay alert and active.

A Address employment concerns early when they are more likely to be resolved.

T Take time out and focus on something other than work during your lunch break.

Other suggestions...

Eating breakfast gets the day off to a good start
Arrange a healthy breakfast with work colleagues before the start of the working day

Lunchtime get together
Arrange a contributory buffet lunch with colleagues

Take a walk
Arrange a route and meeting time/place with work colleagues

Provide healthy snacks
Brazil nuts, almonds, bananas, yoghurt or dried apricots