

# CHILDREN'S MENTAL HEALTH WEEK: 6-12TH FEBRUARY

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setting  
boundaries

2

connecting  
with nature

3

getting  
enough rest

8

finding your  
purpose

TIPS FOR

WELL-BEING

4

cultivating  
creativity

7

practicing  
self-reflection

6

connecting  
with others

5

staying  
active

# REMINDER

CONNECT WITH LOVED ONES  
SPENDING TIME WITH PEOPLE WHO  
MAKE YOU FEEL GOOD IS CRUCIAL FOR  
A HEALTHY MIND AND BODY



CONNECT WITH NATURE  
PEOPLE WHO ARE MORE CONNECTED WITH NATURE  
ARE USUALLY HAPPIER IN LIFE. NATURE CAN  
GENERATE MANY POSITIVE EMOTIONS, SUCH AS  
CALMNESS, JOY, AND CREATIVITY AND CAN  
FACILITATE CONCENTRATION.



DON'T BE AFRAID TO OPEN UP AND ASK FOR HELP



# Check-in on your friends!

**A simple reminder from us this Children's Mental Health Week.**