



ParentingNI

Mental Health Awareness Week Challenge



Monday

Take a walk & get out in the fresh air!



Tuesday

Do a mindfulness session (at least 15 mins!)



Wednesday

Get some exercise - yoga is a great relaxation tool!



Thursday

Take a break from all social media today.



Friday

Reach out & call a friend or meet up for a catch up.



Saturday

Self-Care session! Do something that relaxes you.



Sunday

Plant a seed (or lots of seeds!) and enjoy watching them grow into Summer.

Support Line: 0808 8010 722
parentingni.org

