

# ACTION

FOR YOURSELF.  
FOR SOMEONE ELSE.  
FOR ALL OF US.



MENTAL  
HEALTH  
AWARENESS  
WEEK  
11-17 MAY 2026

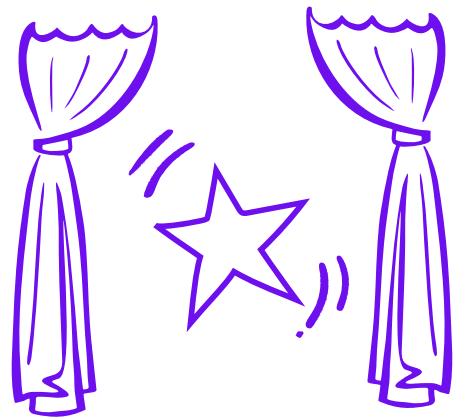
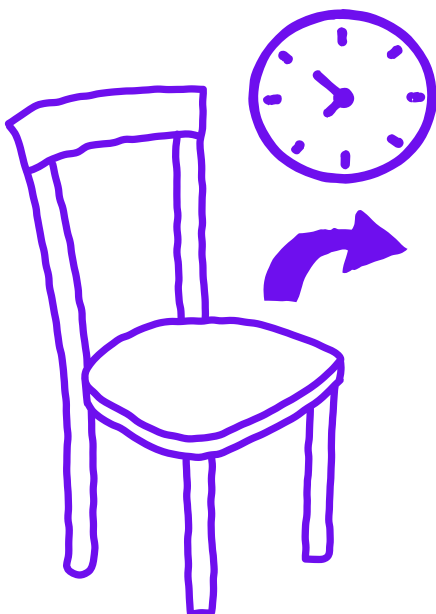
## Ten quick actions to boost your mental health

Quick, easy daily habits are a great way to boost your mood and wellbeing, even on days when your energy levels might be low.

Here are ten quick actions to try that may improve your mood and mental wellbeing.

### 1. OPEN THE WINDOWS

For a quick mental health boost, try opening your windows. Letting fresh air in and stale air out can allow natural light to come in, help you feel closer to nature and lift your mood.



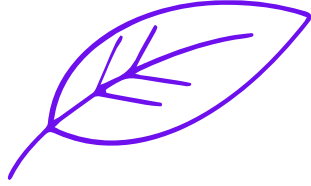
### 2. TRY CHAIR YOGA

Chair yoga lets you enjoy the health benefits of yoga while sitting down. It's a great way to reduce stress quickly, help you sleep, and improve mood fast.



### 3. HEAD OUTSIDE

Spending time in nature is linked to lower stress levels, improved mood and better concentration. Even brief outdoor activities like a walk in a local park, gardening or sitting in a green space, can provide real benefits.



### 4. TRY A MINUTE OF MINDFULNESS

When we're stressed or anxious, mindfulness can be a great way to break the cycle and bring ourselves back into the moment. You don't have to spend ages doing it to feel the benefits.



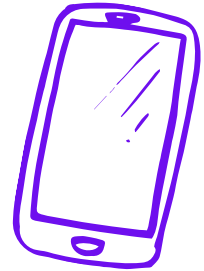
### 5. DRINK WATER

Staying hydrated can help you concentrate, improve short-term memory, and boost your overall mood, making it one of the simplest mental wellness tips.



### 6. PHONE A FRIEND

Call a friend, family member, or loved one for a catch-up, some fun conversation, and emotional support.



### 7. TRY A BREATHING EXERCISE

Deep breathing exercises can bring instant stress relief and relaxation, as well as help you get a better night's sleep.



### 8. CREATE A RELAXING BEDTIME ROUTINE

Good quality sleep helps your brain work better, improves your mood, and is good for your overall health. Having a pre-sleep ritual, something as simple as settling down in bed with a book and a warm decaffeinated drink, can help you wind down ready for sleep.



### 9. PRACTICE GRATITUDE

Remind yourself each day of three things you are grateful for.



### 10. BE KIND TO YOURSELF

If you're finding it hard to cope in the moment, try not to beat yourself up. Instead, aim to appreciate or celebrate the smaller things you've done.



**Everyone deserves good mental health.**  
**For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)**