

CNWL Harrow's World Mental Health Day Programme 2020

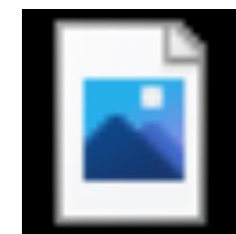
Mindful Monday

Mindfulness tips and
One Minute Mindfulness exercises:



1min Mindfulness

Mindfulness Wordsearch:



Mindfulness_562541.png

Time to Talk Tuesday

<https://www.mentalhealth.org.uk/coronavirus/nurturing-our-relationships-during-coronavirus-pandemic>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Wind-down Wednesday

<http://wellbeing-glasgow.org.uk/audio-resources/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>



Progressive
Muscle Relaxation

Time for Me Thursday



Food and Mental
Health



How to sleep
better



Behavioural
activation

Fretless Friday

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://www.getselfhelp.co.uk//pandemic.htm>

WORLD MENTAL HEALTH DAY

<https://youngharrowfoundation.org/local-resources-and-blogs/entry/join-in-on-highlighting-world-mental-health-day-on-social-media-saturday-10-october-2020>

Coping Calendar:



Coping calendar

Please print and distribute these links and resources. Posters also embedded below:

Harrow Council Public Health poster



Adobe Acrobat
Document

World Mental Health Day poster



Adobe Acrobat
Document