

MENTAL HEALTH AWARENESS WEEK



FRIDAY: DO ACTIVITIES OUTDOORS

Take a walk outside

Take a walk outside in nature and enjoy the view.



Exercise outside

Go for a run outside or do some yoga outside.



Watch the stars

Learn more about stargazing and then try it, or enjoy looking at the night sky.



Eat meals outdoors

Have a picnic in a local park, or simply sit in the garden.

