

## AMH MensSana Five Ways to Wellbeing Challenge

Below we have provided information on what's involved in taking part in the Five Ways to Wellbeing Challenge:

### 1. Getting Started

- On our attached Five Ways to Wellbeing poster we have suggested some ideas to help your school get started with the Five Ways to Wellbeing Challenge.
- Please feel free to use our suggestion or come up with your own ideas on how your school can **Connect, Take Notice, Be Active, Keep learning and Give!**
- Remember to take photos of what you get up to! Send them to our Facebook page, search 'AMH MensSana' or email them to us and we can upload them for you.

### 2. Make It Work For You

- World Mental Health Day (October 10<sup>th</sup>) is an ideal opportunity to get your staff and pupils involved in the Five Ways to Wellbeing Challenge but there are no set rules on how you can use these resources. Why not make it a week-long event, spreading activities across the week starting Monday October 5<sup>th</sup>.
- You can organise these events involving the whole school or with particular Year Groups. The choice is yours. As everyone's mental health matters AMH MensSana encourages everybody to get involved; staff and pupils!

### 3. Tell Us About It

- We are really excited to see how your school is celebrating World Mental Health Day using the Five Ways to Wellbeing Challenge.
- Remember to let us know what your school is doing – email us your photos and we will display them on our Facebook page. If your school has its own Facebook page make sure to add us as a friend!

### 4. We Are Here to Help

- AMH MensSana Project Workers are here to offer help and support. Please feel free to contact us if you have any questions about our Five Ways to Wellbeing Challenge.
- We hope as part of your '**Keep Learning**' challenge that you will book MensSana mental health awareness training,  
Choose from:
  - '**Provoking Thought**' Mental Health Awareness
  - **Workshop on Coping with Exam Stress,**
  - **Recognising and Dealing with Bullying,**
  - **Raising your Confidence & Self Esteem.**
  - **For Teachers /Staff Mental Health Awareness training & Managing Stress**

### 5. Most importantly

- **HAVE FUN!**



For more info, follow us on Facebook:  
[www.facebook.com/amhmenssana](http://www.facebook.com/amhmenssana)

[www.togetherforyou.org.uk](http://www.togetherforyou.org.uk)