**Move for mental health**

Mental Health Awareness Week is from 13 to 19 May. It’s a chance to make sure we’re being proactive with protecting our mental health.

This year’s Mental Health Awareness theme is **moving for our mental health**. We all know the benefits of being active for our physical health, but did you know it can also support your mental health too?

At <insert company name> we want you to come to work feeling like the best version of yourself. This includes letting you know that mental health support is out there if you need it.

**Exercise and mental health**

Exercise is a powerful tool for promoting a healthy mind. Getting active can not only reduce stress and anxiety but also boost your confidence and self-esteem. Exercising can also:

* improve the quality of your sleep
* help you be more sociable and connect with people
* improve the way your brain works, which could reduce the chances of developing dementia

It’s recommended we get at least 150 minutes of moderate intensity exercise every week. This might sound like a lot, but you can do this in short blocks of time – such as 10 or 15 minutes. Whether it’s a brisk walk, a yoga session, or a kickabout in the park with the kids, finding ways to incorporate exercise into your routine can improve your mental health and quality of life. Remember, doing some physical activity is always better than none.

Here’s what Naomi Humber, Head of Mental Wellbeing at Bupa Health clinics, has to share:

**“**Our mental health is determined by a range of factors, impacts every aspect of our life and is intrinsic to our wellbeing. There are many reasons why we should endeavour to routinely engage in strategies to stay resilient.

“Within the workplace, utilising your health benefits and employer’s wellbeing initiatives are an excellent way to help to maintain mental wellness. Being proactive and trying to prevent issues before they arise is particularly key to successfully managing our health.

“Having self-awareness and knowing what is helpful to maintain our own personal wellbeing is an integral component of effective self-management.”

**Where to get support**

Bupa has a range of expert support that’s fast, trustworthy and confidential. Check with <manager/HR representative> to see what’s available to you.

**If you need to talk**

[Call Bupa’s Mental Health Support Team](tel://08081155285/) on 0345 600 5446. Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm. Bupa may record or monitor calls.

**If you need help now**

If you’re struggling, you’re not alone. Importantly, you won’t be wasting anybody’s time.

[Find a local NHS urgent mental health helpline in England](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline).

Access Bupa’s employee toolkit for practical mental wellbeing advice. You can also find support on [Bupa’s website](https://www.bupa.co.uk/health-information/mental-health), at [Mind](https://www.mind.org.uk/), [Samaritans](https://www.samaritans.org/) or the [Mental Health Foundation](https://www.mentalhealth.org.uk/).