

Mental Health Awareness Week

13th – 19th May

[Mental Health Awareness Week](#) was set up by the Mental Health Foundation in 2001. It is an annual event designed to raise awareness of mental health issues and highlight the support required for achieving good mental health.

The theme for [Mental Health Awareness Week](#) this year is 'movement: moving more for our mental health': encouraging people to find more moments for movement in their daily routines. This could be walking more, putting on your favourite music and having a dance around your kitchen or doing chair exercises whilst sat down. These small windows of time all add up and work towards supporting our mental health.

Movement is a great way to enhance our wellbeing. Even a short burst of movement for 10 minutes' can boost our mood and increase our mental alertness and energy. It can also help reduce stress and anxiety and help us to sleep better. You can read more tips on increasing your daily movement [here](#).

Health and Wellbeing Sessions at the Universally Manchester Festival and Launch of Colleague Wellbeing Month this June.

The Central Wellbeing Team and our partners have lots to offer to support your mental health and wellbeing in our upcoming Colleague Wellbeing Month in June. Throughout the month there is a wide range of activities you can get involved in. To kick off Colleague Wellbeing Month, the Colleague Wellbeing Team will play a significant role in the [Universally Manchester Festival](#) on 6th and 7th June with sessions covering topics such as sleep, menopause, building mental fitness, financial wellbeing and support and 'Give it a Go' stations hosting a variety of health and wellbeing activities.* Look out for our Colleague Wellbeing Month launch Staffnet article coming very soon, where you can view the full programme and book your events.

**please note registrations for wellbeing sessions at the Universally Manchester Festival are due to go live this Wednesday 15th May via the Universally Manchester Festival [webpage](#).*