

InsideOut®

Mental Health Awareness Week 2024

Movement: Moving more for our mental health



Contents

1. **What is Mental Health Awareness Week?**
2. **Reasons to celebrate Mental Health Awareness Week**
3. **UK Mental Health Awareness Week 2024 – This year’s theme**
4. **Mental Health Awareness Week ideas for employers**
5. **Book an Awareness Session by an InsideOut Practitioner**
6. **Get daily advice from Remi the AI Mental Health Coach**
7. **Track your progress with our daily journal**
8. **InsideOut sign up poster**
9. **Resources**

What is Mental Health Awareness Week?

Mental Health Awareness Week in the UK is a chance for organisations like yours to step up and show their support. Led by the Mental Health Foundation, this annual campaign is all about breaking stigma and fostering well-being in the workplace. Let's join forces, host events, and share resources to create a more supportive environment for everyone.

InsideOut views Mental Health Awareness Week as a crucial opportunity for people and organisations across the UK to unite in a collective effort to combat stigma and enhance understanding surrounding mental health conditions and challenges.

This annual campaign is dedicated to shedding light on mental health struggles, fostering open conversations, and breaking down stereotypes associated with mental health issues. Throughout the designated week, various activities, events, and educational resources are provided by different UK-based organisations, all aimed at nurturing empathy and support for those grappling with mental health concerns.

While Mental Health Awareness Week is observed globally, its timing and focus may differ from one country to another. In the UK, it is spearheaded by the Mental Health Foundation and typically takes place in May. During this time, the nation comes together to raise awareness and promote understanding of mental health, highlighting the importance of mental well-being in our society.

Each year, organisers select a specific theme to delve deeper into particular aspects of mental health. Whether it's addressing stress, anxiety, depression, or broader topics like nature and relationships. The overarching goal remains to cultivate a more compassionate and supportive environment where the significance of mental health and well-being is not only recognised but celebrated throughout the UK community.

Reasons to celebrate Mental Health Awareness Week

- **Boosting awareness:** When mental health issues fly under the radar at work, it's tough for those struggling to speak up or seek help. Low awareness also makes it harder for others to recognise signs of distress in their colleagues, perpetuating silence instead of support.
- **Tackling stigma:** Sadly, mental health conditions often carry unfair stigmas. This fear of judgment can prevent people from opening up and getting the support they need. Mental Health Awareness Week chips away at these stigmas, showing that mental health struggles are more common than we think.
- **Enhancing team productivity:** Poor mental health can sap someone's enthusiasm for work and hinder their productivity. By fostering an environment where people feel comfortable sharing their struggles and seeking support, you can help them regain their focus and motivation.
- **Cultivating a safe culture:** Employees thrive in environments where they feel supported and valued. Research underscores the importance of psychological safety for team cohesion and effectiveness. By championing mental health awareness, you're demonstrating your commitment to creating a workplace culture built on trust and acceptance, where employees feel empowered to take risks and be themselves.

UK Mental Health Awareness Week 2024 – This year's theme

- When is Mental Health Awareness Week?
- **In the UK, Mental Health Awareness Week is scheduled for 13th to 19th May 2024.**
- What's the theme of Mental Health Awareness Week?
- **The official theme for this year, designated by the Mental Health Foundation, is 'Movement: Moving more for our mental health'.**

Movement is crucial for mental well-being. Engaging in physical activity not only benefits our physical health but also has a profound impact on our mental health. Whether it's a brisk walk, yoga session, or dance class, movement helps alleviate stress, improve mood, and boost overall well-being.

Join us in exploring the connection between movement and mental health during this important week of awareness and advocacy. Let's move towards better mental health together!

Mental Health Awareness Week ideas for employers: Movement and Mental Health Edition

Looking to boost mental well-being in your workplace? Here are some innovative ideas centered around exercise and mental health for Mental Health Awareness Week:

- **Exercise Sharing Sessions:** Create a forum where employees can share their exercise plans. From group workouts to personal stories of overcoming challenges through physical activity, encourage open discussions that highlight the benefits of exercise and inspire others to take part.
- **Mindful Movement Meetings:** Kickstart meetings with brief mindfulness exercises that incorporate movement. Try incorporating simple stretches, yoga poses, or desk exercises to promote relaxation and focus. Research shows that even short bouts of movement can improve mood and reduce stress levels.
- **Walk and Talk Breaks:** Schedule "Walk and Talk" breaks throughout the week, inviting team members to take meetings or brainstorming sessions outdoors while walking. Walking has been linked to improved creativity and mental clarity, making it an ideal activity for fostering innovation and collaboration.
- **Charity Fitness Challenge:** Organise a fitness challenge or virtual race to raise funds for mental health organisations. Whether it's a step challenge, a virtual 5K run, or a team sports tournament, engage employees in physical activities that promote camaraderie while supporting a worthy cause.
- **Host an InsideOut Wellbeing Session:** Purchase an In-person/Hybrid session led by a mental health expert on the connection between exercise and mental health. Provide employees with evidence-based strategies for incorporating physical activity into their daily routines to manage stress and improve mood
- **Active Resource Sharing:** Share resources from the InsideOut app on the benefits of exercise for mental health, including articles, videos, and podcasts.

By prioritising exercise and movement during Mental Health Awareness Week, employers can empower their teams to prioritise their mental well-being while fostering a culture of support and vitality in the workplace. Whatever your initiative, feel free to reach our support from InsideOut!

Stay Active with InsideOut

Book an Awareness Session from an InsideOut Practitioner



Purchase a 60 minute tailored awareness session which can be presented in person, online, or hybrid!

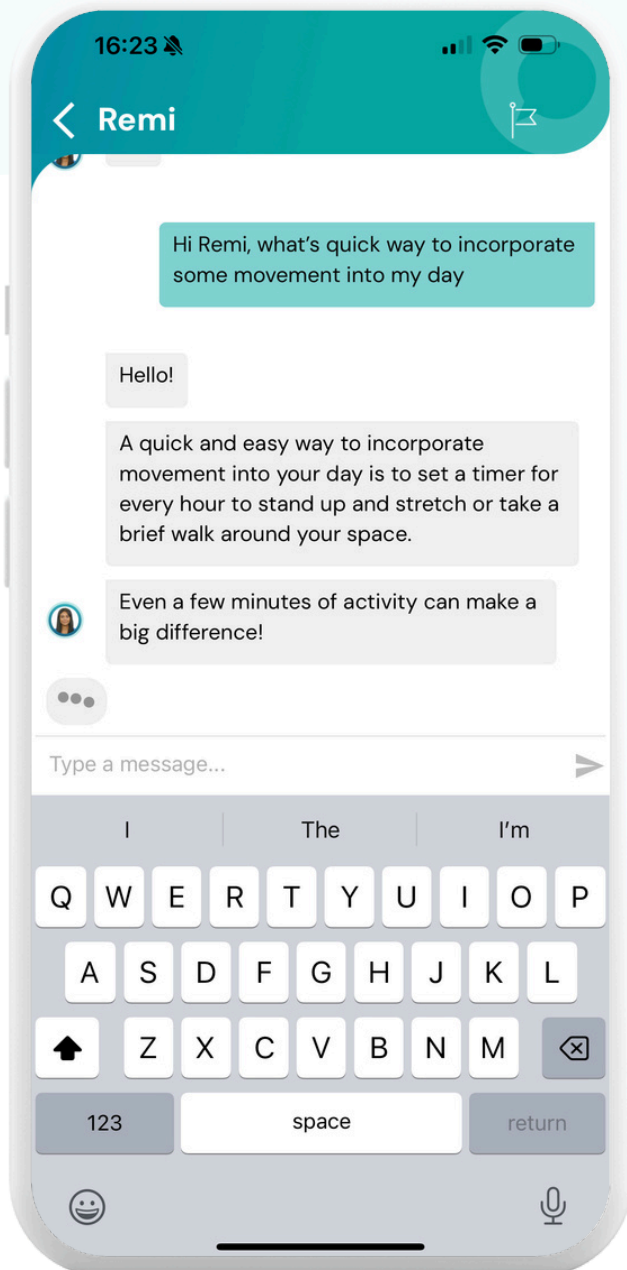
In this awareness session, we explore the crucial connection between movement and mental health. We also build understanding about how regular exercise has been scientifically proven to alleviate symptoms of stress, anxiety, and depression.

You'll find out how physical activity enhances cognitive function, as well as fosters a sense of empowerment and self-esteem. We look at strategies to implement that are sure to build more resilient communities, ultimately contributing to improved overall well-being.

Reach out to hello@lettheinsideout.com to find out more

Stay Active with InsideOut

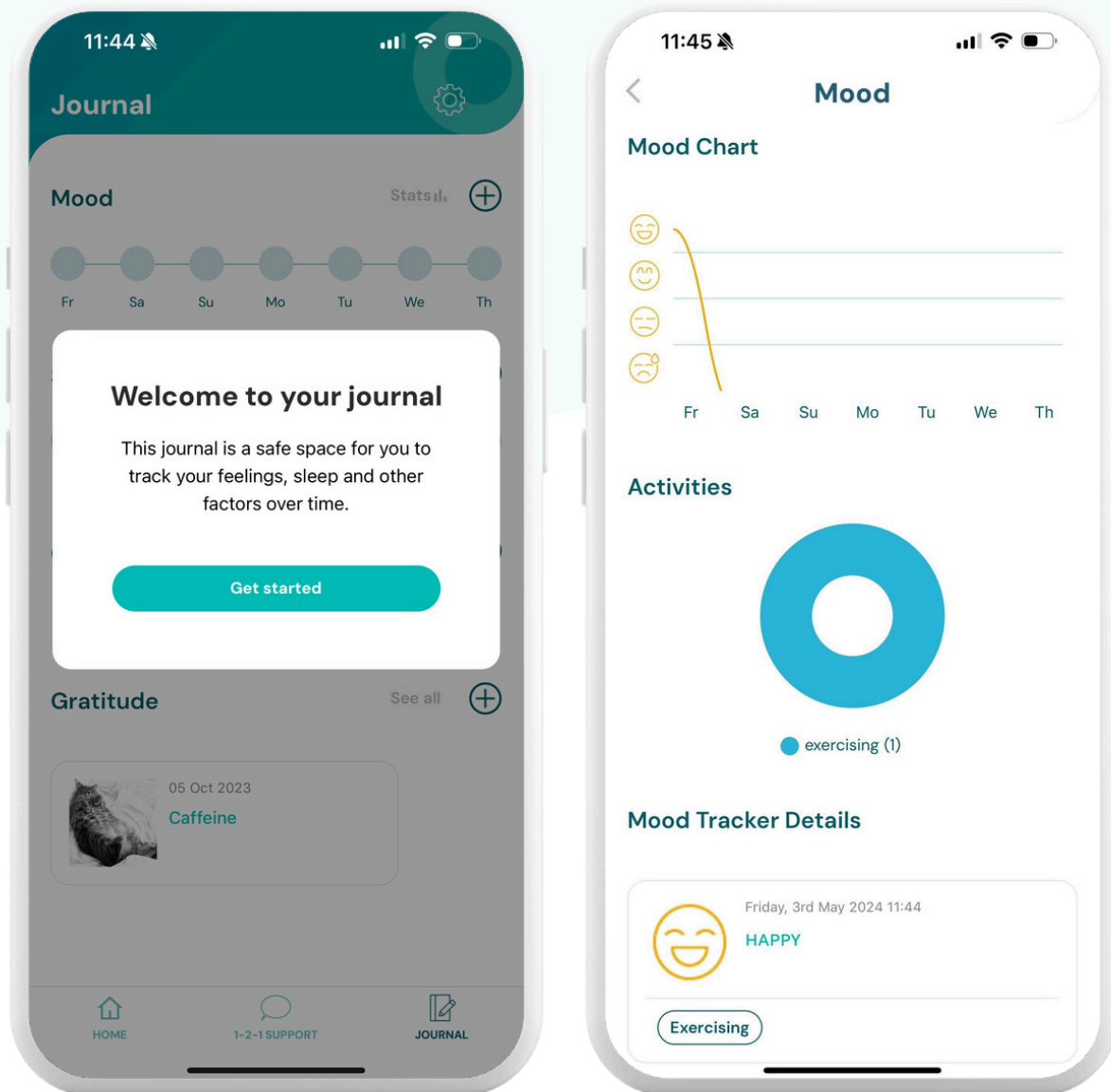
Get daily advice from Remi the AI Mental Health Coach



- **Seamlessly integrate movement** into your daily routine with Remi, your AI-powered fitness companion
- **Receive personalised recommendations** for desk exercises, stretching routines, and energising walks tailored to your needs and schedule.
- **Enhance your physical fitness,** mental clarity, and overall well-being by prioritising regular exercise and movement with Remi's guidance.
- **Discover new ways** to stay active throughout the day, whether it's taking the stairs, scheduling walking meetings, or incorporating short bursts of activity into your breaks.

Stay Active with InsideOut

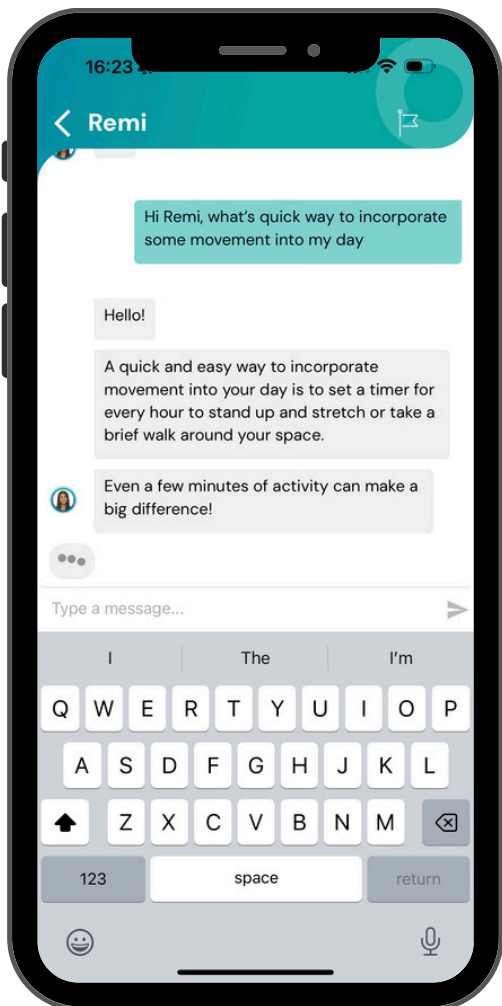
Track your progress with our daily journal



Explore the connection between your movement and mood with InsideOut's daily journaling tools. Keep tabs on your workouts and how they affect your emotions. By tracking this, you'll learn how different exercises impact how you feel, helping you fine-tune your routine for a happier, healthier lifestyle.

InsideOut[®]

Celebrate Mental Health Awareness Week 2024!



Scan the QR Code

Download the app and sign up with an email of your choice



Browse our Mental Fitness Plan

Explore our vast variety of fitness related guides, exercises and videos. Try as well our amazing journaling tools for tracking your exercise journey!



Talk to Remi!

Start talking to the innovative and tailored virtual guide Remi! She's a confidant, a guide and ready to offer quick tips on how to start your fitness journey!



Mental Health Awareness Week resources for sharing with your team:

Resources on Movement and Mental Health:

From the InsideOut website:

- [5 ways exercise benefits our mental wellbeing](#)
- [Does exercise boost our immune system?](#)
- [HiiT workout with Ben Rogers](#)

From the InsideOut app:

- [5 ways to build physical activity into your day](#)
- [Simple stretching series](#)
- [How to build a daily exercise habit](#)
- [Static stretching from your desk](#)
- [Let it all out - how exercise can help alleviate stress](#)

General Resources:

- <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week#:~:text=Mental%20Health%20Awareness%20Week%202024,important%20for%20our%20mental%20health.>
- <https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>
- <https://www.mind.org.uk/get-involved/mental-health-awareness-week/>
- <https://www.rethink.org/campaigns-and-policy/awareness-days-and-events/mental-health-awareness-week/>