

Mental Health Awareness Week 2022

The theme for **Mental Health Awareness Week 2022** is **Loneliness**, it's effect on our mental health and how we can all play a part in reducing loneliness in our communities.

Being creative is recognised as an effective way of reducing anxiety and feelings of loneliness as it stills the mind and enables communication through creative expression.

Why not have a go at this creative activity which looks at feelings associated with loneliness and positive ways to combat these feelings.

Step 1 - Write and draw feelings associated with loneliness inside the house. Use cool/dull colours to express these feelings.

Step 2 - Fill around the house with words and drawings linked to positive strategies that help to boost mental health and combat loneliness. Use bright and cheerful colours to stimulate feelings of happiness.

