World Mental Health Day is dedicated to promoting the understanding of mental health education, awareness, and advocacy. It's important to raise awareness of mental health conditions and ensure that communities recognise the part each person has to play in creating a mentally healthy society. At Leopold, we celebrated mental Health day by taking part in various activities (**art therapy, dobble, animal therapy, dance, music, cooking, smoothie making, place2be, uno, sensory, yoga, candle making, PE, gardening**) that children could choose from to help them dealing with any types of mental health problem from anxiety to depression.

We all have mental health, just like we have physical health. Mental health is a person's condition with regard to their psychological, emotional and social wellbeing. This can affect how we think, feel and act. It's important to take care of our mental health: nurturing what's good for us and limiting things that have a negative impact on our mental health.

For further information on mental health please visit:
https://www.mind.org.uk /information-support/

Tips for looking after your mental health:

- Spend time with or in nature. Spending time in natural surroundings or with animals is proven to reduce feelings of stress and anxiety and improve your mood.
- Practise meditation or mindfulness to find calm and restore.
- Mind and body are one; so, whether it's going for a walk, climbing, swimming or attending a yoga class, movement is a great way to de-stress, increase feel-good hormones and improve your overall health.
- Have a digital detox. Phones and social media can cause us to feel anxiety and pressure. Taking some time away from technology; it can be really helpful for reducing stress and worry.
- Talk it out. If you're ever worried about your mental health or start to feel like you're becoming stressed or anxious, talking to someone you trust, such as a friend or family member, is a great way to calm yourself down and look after yourself.