



THE BURNT CHEF
PROJECT

MENTAL HEALTH AWARENESS WEEK

13th - 19th May 2024

**THIS IS YOUR REMINDER TO MOVE
TO HELP IMPROVE YOUR MOOD.**


BENEFITS OF BEING ACTIVE INCLUDE:

- Meeting new people!
- Having a break from daily life.
- Give yourself a confidence boost.
- Release tension, anger, stress and mental fatigue.
- It's a natural energy boost.
- Provides a sense of achievement.
- Increases focus and motivation.



Find support here: 

 Text **BURNTCHEF** to **85258 (UK)**

 Call **0800 085 1376 (UK)**
+44 (0)20 7938 0963 (Global)

 **burntchef@icwellbeing.com**



Want to learn more?



WWW.THEBURNTCHEFPROJECT.COM
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