

## MENTAL HEALTH AWARENESS

THE BURNT CHEF PROJECT

13th - 19th May 2024

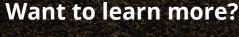
## THIS IS YOUR REMINDER TO MOVE TO HELP IMPROVE YOUR MOOD.

## BENEFITS OF BEING ACTIVE

- 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.







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