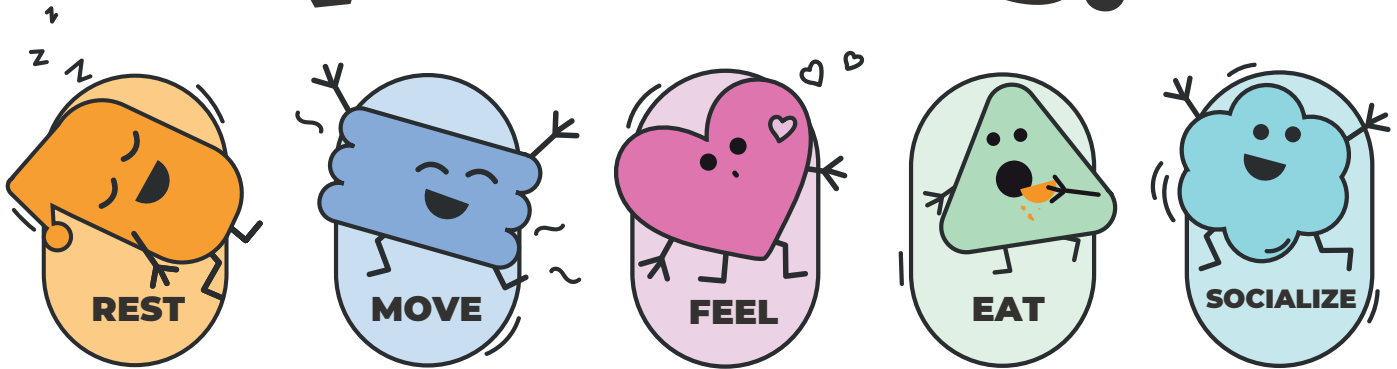


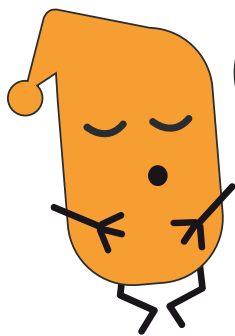
# TAKE MENTAL HEALTH VITAMINS!



## HOW TO TAKE ON THE MENTAL HEALTH VITAMIN COURSE? SUGGESTIONS FOR INDIVIDUALS AND TEAMS!

### STEP 1 - MOTIVATION

First, think of what mental health and wellbeing means for you.



Hmmmm...  
Yoga every day???



### STEP 2 - SHARING

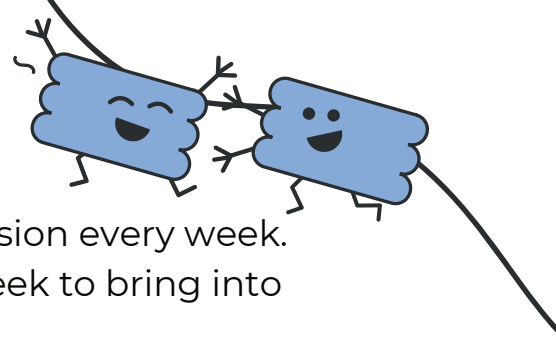
Test your mental health vitamin levels. If you are going through the vitamin course with a friend, colleague or classmates, share your test results and the reasoning behind your choices.

### STEP 3 - PLAN

Make a shared vitamin course plan!

- Prepare a time and date for a meeting/discussion every week.
- Choose at least one suggestion from every week to bring into your daily life.
- Share it with others at the start of every week.
- End the week with a summary – how did introducing the suggestion into your daily life work for you? Was it helpful? If so, then which one did you pick? If not, then why do you think it didn't work?

Reward yourselves with acknowledging all the work that you do.



### STEP 4 - ROLES

If you did the vitamin course with a partner, agree to:

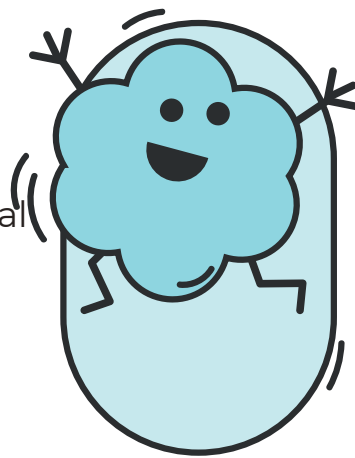
- who takes on the role of organising the meetings/discussions?
- who wants to be the motivator 😊?

What other roles would you need to make the vitamin course work for everyone?

### STEP 5 - START!

FIND OUT, PRINT, SHARE:

- the introduction, suggestions, activities and worksheets for the first week mental health vitamins;
- different video and audio exercises;
- materials and activities from previous years.



**IT'S VITAL  
THAT YOU  
REST!**

### STEP 6 - SUMMARY

In order for change to happen, it is important to notice it. At the end of each week, make a summary of which suggestions or new findings will you take with you from this week and how did they support you?