



# Mental Health Awareness Week

Events and activities  
Monday 14 - Sunday 20 May

#ideastorehealth



## Relaxation Workshops

Learn how to deal with stress using relaxation techniques to help cope with everyday anxiety.

### Idea Store Bow

Tuesday 15 May, 2:00 - 3:00pm

### Idea Store Crisp Street

Thursday 17 May, 11:00am - 1:00pm

### Idea Store Watney Market

Friday 18 May, 2:00 - 3:00pm

## Five Ways to Wellbeing

Explore the Five Ways to Wellbeing which have been shown to help us to stay mentally, emotionally & physically resilient.

### Cubitt Town Library

Tuesday 15 May, 2:30 - 3:30pm

## Memory Box

Explore the idea of memory through the medium of a box of random items. What memories will they stir in you?"

### Idea Store Canary Wharf

Thursday 17 May, 2:30 - 3:30pm

#ideastorehealth

