

Mental Health Awareness Week

10 – 16 May 2021

The theme of this year's Mental Health Awareness Week is Nature.

During the pandemic, many of us connected with nature and found a new love for the outdoors. Research on the mental health impacts of the pandemic showed that going for walks was one of the top coping strategies vital for maintaining good mental health. Bringing nature into our every day lives can benefit both our physical and mental wellbeing.

Join Jami for a series of FREE online events. To book these events or for more information please visit jamiuk.org/mhaw

#ConnectWithNature
#MentalHealthAwarenessWeek

Monday 10th May 11am – 12pm

Peer Support Group

This hour is dedicated to giving and receiving support. Join our friendly group to share your experiences and hear about others in a non-judgmental space. We start and end with optional short guided meditations. The rest of the session is dedicated to a sharing circle, followed by time to reflect on emerging themes and offer mutual support.

Monday 10th May 7pm – 8pm

Inner Garden Workshop

Join us for a creative workshop reflecting on our inner gardens. In the session you will gain creative tools for reflecting and mapping out your skills, support systems, achievements, hopes, and more! Have some paper and colourful pencils available and any other crafty materials you would like to use.

Tuesday 11th May 11am – 1pm

Kind CoWorking – Gardening tips!

Would you benefit from working in a shared online space? Drop by our virtual meeting with any projects you are working on – an essay, a job application, your memoirs, your drawing or even your ironing. Optional check-in and short activities to boost your focus and spirits. We will also have an informal breakout room dedicated to sharing gardening tips and experiences.

Tuesday 11th May 1.15pm – 1.45pm

Bite-sized wellbeing

This week's bite-sized wellbeing will be dedicated to the positive effects that spending time in nature can have on our mental health. There are many tips, tricks, and strategies we are told can help with our wellbeing. This group will give you the chance to try out different activities and see what works for you.

Tuesday 11th May 2pm – 3pm

Nature Wellbeing Walk – North London area (IN PERSON)

With Tracy Jacobs, Jami's Fitness Coordinator

Join us for a wellbeing walk connecting with the natural world and taking time to focus on breathing, moving more naturally, energising and de stressing your whole self.

Suitable for all abilities. Maximum number of 6 and social distancing rules apply. Please wear a face mask, unless exempt. To book a place please email laura.bahar@jamiuk.org

Tuesday 11th 7pm – 8pm

Poetry Reading Group – Nature Edition

With Liz from The Reader

Join our friendly monthly group where Liz, from The Reader, brings poems with a theme of nature to enjoy together. Come to simply listen and read on-screen or join in the conversation.

Wednesday 12th May 2pm – 3pm

Creativity4All - Exploring the intersections of Mental Health and Nature

Join us to explore your creativity. Bring some pens, paper and any art supplies you have. We will start with a group writing exercise followed by time for individual creative projects and finish with an optional sharing.

Wednesday 12th May 7pm – 8:30pm

Yoga & Nature

With Tamara Smith

A workshop on exploration of movement and rest tools - connecting with our bodies and nature in a relaxed and non-judgemental environment. Everyone is welcome, no experience needed.

Thursday 13th May 11am – 1pm

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Thursday 13th May 6.30pm – 7.30pm

Community Conversation – Nature

Join our lively discussion group which is inspired by the French café-débat. The group decides what to discuss, facilitated by a member of the Head Room team. For MHAW, we will focus on topics that relate to nature.

Thursday 13th May 7.30pm – 8.30pm

Climate Change and Mental Health "Get Together" for 18-32 year olds

with Alex Feuchtwanger and Emma Dorman from Jami's Head Room Education Team

Nature isn't just crucial for our mental health, it's also fundamental for everything we need as humans. We all know that nature is under threat. Eco-distress or climate change anxiety have been gaining traction for years. So, how can we understand the problem to raise awareness and drive change? And how can we do so whilst looking after our mental health and protecting against possible feelings of overwhelm, powerlessness and anger?

Friday 14th May 2pm – 3pm

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Please pop by our Golders Green Head Room Café to receive a free seeded paper, to plant and grow, with every purchase while stock lasts during Mental Health Awareness Week.