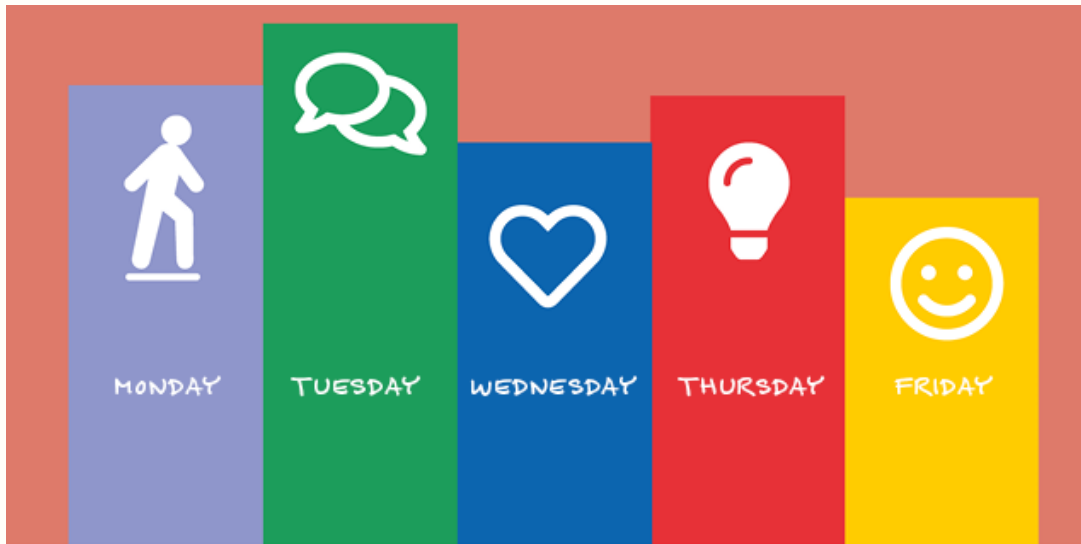


# MEN'S MENTAL HEALTH WEEK

*Mental Health and Wellbeing Newsletter*



**The CAN DO approach to mental wellbeing**

## The CAN DO Challenge

*Men's Mental Health Awareness Week*

*14th - 21st June 2021*

During the past year everyone's mental health has been challenged by the lockdowns and insecurities. Coming out of what we hope will be the worst of the pandemic, questions, concerns and anxieties remain. This Men's Mental Health Week we should look at: how can we move forward?

### The CAN DO Challenge

There are five days in the working week and there are five ways to wellbeing. The Men's Health Forum are calling, asking and encouraging everyone to choose a different activity for wellbeing on each day of Men's Mental Health Week. At the end of the week if you enjoyed it you can always continue with it.

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**Joined Up Care Derbyshire**

# MEN'S MENTAL HEALTH WEEK

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## The CAN DO Challenge

The aim of The CAN DO Challenge is to boost your **mental wellbeing!** The five ways to wellbeing are five things we can all do that are scientifically-proven to help us **feel better!**

### **Make Everyday, a Different Day!**

Five ways to wellbeing:

- **Connect:** connect with other people, e.g. call a friend or family member  
**#connectmonday**
- **(Be) Active:** get moving, move your body, e.g. walk/run/swim/dance/cycle  
**#activetuesday**
- **Notice:** take time to notice the environment around you e.g. turn off your phone for an hour **#noticewednesday**
- **Discover:** learn something new, e.g. read a book or an article about something you didn't know before **#discoverthursday**
- **Offer (or give):** do something for someone else, e.g. offer to get someone's shopping or volunteer in your local community **#offerfriday**

**You CAN DO it by yourself, or with friends.** Connect Monday would be a great way to round up your friends to work together for the rest of the week.

**You CAN Do it for fun, or you CAN DO it to fundraise.** Support a local charity or the [Men's Mental Health Forum through their just giving page.](#)

## MENTAL HEALTH TRAINING CASE STUDY

The course was really good and I did another course about youth and adolescence mental health, which was really interesting too.

I really do like and welcome your newsletter monthly – really useful tool.

Thank you Christie 😊

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Find an Activity that ticks all 5 boxes -  
Take a group of people on a historical walk.

Can you do all five elements  
in one day? Then can you do  
that for every day of the week?

Get five friends involved and  
joining in the wellbeing challenge  
with you.

## The CAN DO Challenge How to make it more Challenging

Stuck for ideas? [Here are 50 ideas of things you could do to get you thinking from Men's Health Forum's Mental Health Champions.](#)

Can you do your chosen activity five  
times? For example, five press ups,  
five books, five minutes of dancing  
five times or even five marathons.

## THINGS TO NOTE

### Evening Training

We are now looking at providing evening training for the Mental Health Awareness Course. The course dates for July would be the following: Wednesday 14th July and Monday 19th July. Both evenings (4 hours in total) need to be attended. If this would be of interest to you then please get in contact with [christie@erewashcvs.org.uk](mailto:christie@erewashcvs.org.uk) or [sean@erewashcvs.org.uk](mailto:sean@erewashcvs.org.uk)

**What's Next?** Next month we will be hearing from Derbyshire Mental Health Forum.