

Mental Health Awareness Week at Lulworth House Residential Care Home



We made last week at Lulworth House Residential Care Home all about boosting positive thoughts and helping others to see the light when they are not feeling great, in recognition of Mental Health Awareness Week.

We spent some time creating a '**Positivity Tree**' and got some of our residents to have a think about some quotes that make them happy.

Some shared **quotes**, others shared their **favourite lyrics** and some just put their **own words** down to brighten other people's days.

It was good to discuss mental health awareness and remind everyone if they have any worries, they can feel free to share them and lighten the load – or just look at our Positivity Tree for a few words of encouragement and inspiration.

'Keep your chin up. A smile is waiting for you!'

'Help others and you will feel good too.'

'When you're smiling, the whole world smiles with you.'

