

# World Mental Health Day 2022

## Making Mental Health and Wellbeing a Global Priority for All

This year's World Mental Health Day theme of 'Making Mental Health and Wellbeing a Global Priority for All' aims to ensure we each prioritise our own wellbeing so that we are in the right space to support others too.

As looking after yourself should be a number one priority, we're encouraging each of you to look at your non-negotiables when it comes to your mental health.

### What Are Non-Negotiables?

Non-negotiables are things we do, on a regular basis (e.g. every day, multiple times a week) for our mental health, irrespective of what is going on around us. Think of them as a commitment to yourself to proactively manage your wellbeing.

### How To Identify Your Non-Negotiable



**Keep it simple.** The simpler the non-negotiable is, the easier it will be to implement.



**Identify why you want to do it.** The reason why we want to do something helps us to understand how we can do it.



**Write it down.** Writing things down enables a higher level of thinking and therefore, more focused action. Use the slip below to corroborate your non-negotiable.



### My Mental Health Non-Negotiable Is...

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