

**Mental Health
Awareness Week**
27th Sept - 3rd Oct 2021



Daily Short
Sharp Videos
8.45am on



@LaurenParsonsWellbeing

**TAKE TIME
TO KŌRERO**
MĀ TE KŌRERO, KA ORA

Mon
Tues
Wed
Thur
Fri

3 Gratitude Practises
That Don't Need a Journal

Sensational Salads in Seconds
& the Best Vinagrette

Snack on Exercise,
Boost Your Brain, Body & Mood

How & Why to Strengthen
Your Social Connection

Restoring Calm to Your
Body & Mind



with Lauren Parsons