

# Mental Health & Wellbeing



**Programme of FREE activities  
designed to support ethnic  
minorities experiencing  
reduced mental wellbeing to  
live healthier, happier and  
more fulfilling lives**

# **BENEFITS**

**Reducing stress and anxiety**

**Promoting positive self-care habits**

**Enhancing resilience and coping skills**

**Boosting confidence and raising self-esteem**

**Exploring different interests and learning new skills**

**Offering support in accessing professional mental health services**

Activities can be offered in different languages: Arabic, Polish, French (and more)

**We provide a safe space if you need to take a break, rest or relax. Our activities encourage self-care and regular participation can lead to an improved quality of life.**

We offer a variety of activities in different locations across Forth Valley.



## **CONTACT US**

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# MINDFULNESS

**Resting and relaxing your mind by  
focusing on the present moment  
Developing awareness and gratitude**

- Increases awareness and emotional control
- Helps to develop acceptance, kindness and compassion
- Boosts resilience and increases reflexivity



# YOGA

**Ancient movement practice to energize  
your mind and body  
Learning how to live more mindfully**

- Improves your posture and balance
- Increases flexibility and muscle strength
- Helps to relieve stress and anxiety
- Promotes healthy body awareness



# CYCLE TRIPS

**Taking care of your physical health**  
**Exploring the outdoors**

- Improves joint mobility and muscle endurance
- Increases cardiovascular fitness
- Supports your lung health and boosts brain power
- Improves your sleep



# WALKING GROUP

**Connecting with nature**  
**Developing curiosity and observance**

- Being physically active helps to boost your mood
- Improves your fitness levels and coordination
- Strengthens your immune system and increases energy levels



# ARTS & CRAFTS

**A range of calming practices to soothe  
your mind and relieve stress**

**Exploring new ways of self-expression**

**Developing creativity and imagination**

- Helps to process what is happening around you and within you
- Enhances brain productivity and boosts your confidence
- It is cheerful and joyful



## ACTIVITIES INCLUDE

**Acrostic poetry**

**Art journaling**

**Collage**

**Found poetry**

**Mandala drawing and colouring**

**Marbling**

**Stamping**

**Stencilling**

