



Our new Breathing Space theme for this year, **365 Brighter Days**, will encourage everyone to practise positivity for better mental health in Scotland. We are keen for communities from across Scotland to engage with the new campaign, particularly in the lead up to Mental Health Awareness Week (14th - 20th May).

We'd be really appreciative if you could have a think about the theme, see if it resonates with your organisation/networks and whether it could be incorporated into your planning for the year.

Positivity helps us build resilience, cope better with stress and be more productive. We are hoping that organisations around Scotland will help to engage with communities in four main areas which foster positivity:

- Connect – connecting with each other through coffee mornings, walking groups, nature projects
- Create – stress-relieving creative activities such as writing, painting, reading
- Compassion – caring for ourselves and others in the community through charity events, acts of kindness
- Choose to slow down – mindfulness or reflective activities

We are developing campaign posters, a booklet with practical techniques for practising positivity and other promotional items which can support any planned activities.

To try to capture what is happening both locally and nationally, we encourage you to showcase your involvement using **#365BrighterDays**.

If you have any further questions please feel free to contact Lisa-Jane Aitken, National Development Officer for Breathing Space: Lisa-Jane.Aitken@nhs24.scot.nhs.uk.

