

Clear Your Head

Social posts

New campaign:

As life starts to move more, make sure you look after yourself by moving more too. Getting outside or doing something you enjoy can really boost how you feel, especially if you are anxious or overwhelmed. Find other tips to #ClearYourHead [insert arrow] clearyourhead.scot

Staying active:

If getting active has helped you cope with all that is going on, keep going as you'll continue to benefit. Making time to do one thing, however big or small, can help #ClearYourHead and boost your mental health. Find tips [insert arrow] clearyourhead.scot

#DoOneThing:

If you feel anxious or overwhelmed, making time to go outside or get active indoors can help you feel better, and calmer. Share the one thing that helps you #ClearYourHead, and tag a pal to encourage them to #DoOneThing today.

Support:

The coronavirus pandemic has had a real impact on how many of us are feeling. Support is there so reach out if you need to talk to someone [insert arrow] clearyourhead.scot #ClearYourHead