



A few thoughts about Mental Health Awareness week from Anne-Marie Holland, Mental Health Adviser for the Diocese of Bristol

[Mental Health Awareness Week](#) offers an invitation to think about Mental Health in our churches, communities and ourselves. The 2025 theme is community - celebrating community and how it supports our mental health and wellbeing. Living in positive community with others increases connection and belonging, and decreases isolation and loneliness.

The [Five Ways to Wellbeing](#) are evidenced-based tools. The word CLANG can help you remember them.

**Connect Learn Active Notice
Give**

Action for Happiness have [10 Keys to Happier Living](#)

Wellbeing Tools Many things that promote wellbeing, can be done with others, as well as on our own.

Some Options for Reflecting on Personal or Group Mental Health

- look for opportunities to show kindness to other people
- thank those that make you feel part of a community
- who is my community, how does it benefit my mental health?
- how full is my stress bucket (and what could help)?
- what makes me feel supported by my community?
- do other people know how to recognise when I'm struggling?
- pledge to do something to help personal or community wellbeing