A simple, plain-looking man wearing headphones walks out of a building and into a city. He is visibly tired. Out of his head a small plant is growing. The city is noisy and chaotic and as the man walks through the city, he grows more miserable looking, his plant wilts, reflecting his mental state. Eventually a leaf falls off his plant.

Narrator: When life can get stressful and overwhelming, improving your wellbeing may seem like an uphill battle, but small steps and efforts can make a difference.

The man turns a corner, and a park emerges from between the city buildings. The park stands in contrast with the city, the colours are greener, there's plenty of wildlife and plant life and the atmosphere is quieter and more peaceful than the city. As he walks towards the park the chaotic sounds of the city start of fade and the sounds of the park take over.

Narrator: When things start to feel like they're getting too much, it's important to stop, have a breather and take a moment to take notice of your thoughts, your surroundings, and your emotions.

The man is now in the park, he makes his way towards a tree and sits by it, already looking a bit more relaxed than when he was in the city.

Character: **sigh**

Narrator: Hey, you.

The man looks around, slightly confused.

Narrator: Yeah you! Let's take a break.

The man takes his headphones off.

Narrator: Relax, take a breather. Have a look around you. Admiring the beautiful, noticing the unusual and appreciating your surroundings is a simple but effective way to boost your mood.

Close up of the man's face, taking a deep breath, his eyes opening to wider nature.

Narrator: Look to your left.

To the left of the man there's a bird pecking at a bagel. The bird is attempting to drag the bagel away.

Narrator: Being more aware of the world around you is a great way to stay present and pay attention to your needs. Taking your headphones off every once in a while and opening yourself up to your surroundings an excellent way to keep yourself grounded.

Narrator: Look to your right.

To the right of the man there's two squirrels: Squirrel 1 and Squirrel 2. They're both near a tree. Squirrel 1 is eating a nut and Squirrel 2 is laying on a tree root, looking very relaxed.

Narrator: Whether you're walking to work, out eating lunch, or hanging out with friends, take a moment to slow down and admire the world around you. Appreciate the smaller

details. Perhaps you could leave a plant in your room and watch as it grows over time. Or take some time to find a mindful hobby like knitting or journaling.

The man is now looking more at ease and relaxed than before, the stress he was feeling before has now disappeared. His plant has also recovered, looking healthier than it looked in the beginning. The man looks up with a content expression.

Narrator: Reflecting on your experiences will help you remember what matters to you. Take notice of the things you're grateful for, big or small, and you'll feel better, bit by bit.

Narrator: You're doing good. You're alright.

In the sky above the man, one of the squirrels can be seen on a tree branch and the bird is flying away with its bagel.

The tree branches pan out of the view and the clouds in the sky morph in the Haselemere Health Centre logo.

Narrator: Haselemere Health Centre. Health in Mind.