

Haslemere Health Centre - Group A Script

Take Notice - 2D drawn animation using block colours for the characters and textures for the detailed backgrounds (please see style frames)

We open on a spinning globe of an overwhelming world, city blocks growing and planes zooming.

VO

The world can be overwhelming

The globe spins and disappears, revealing a person clutching their head as different stresses bubble up around them.

VO

It can feel like there is so much to do in so little time

The bubbles evaporate and pop, leaving just the character who takes a few calming breaths.

VO

Taking notice of the things we are grateful for, big or small, is a great way to boost your mood and be present.

The camera pans out and the character starts walking, a world morphs around them with trees shifting through the different seasons.

VO

Look out for the changing seasons

The character continues walking, the background morphing away to show a cake shop appearing. Inviting cakes and loaves of bread are on shelves in the window, the smells of freshly baked goods waft out and greet the character.

VO

Notice your surroundings

The camera pans down as the character notices a small flower growing through the cracks of concrete. They lean down and gently cup the flower.

VO

And take in the beauty of small things

Birds soar overhead whistling gently. The character looks up and we follow the birds as they fly through the sky and take us away from the bakery.

VO

Spend time outside in nature

We follow the birds as they fly towards a park filled with people enjoying being outside. There are people on picnic rugs, families playing and people out on dog walks.

VO

Catch sight of the beautiful and remark on the unusual.

We zoom into a small group of people on a picnic rug, some are knitting or journaling.

VO

Find a mindful hobby, like journaling or knitting.

One character leans back to lie down on the picnic rug as the scene morphs and the character is lying down in bed at their home, smiling.

VO

Give yourself time in the evening to reflect on what went well that day

The camera zooms out of the bedroom and we see their window as a dog jumps up on the character's bed, the character laughing.

VO

Appreciate the moment. Take notice.

The camera continues zooming out, revealing a town with lights lit up in windows. The camera pans up through the clouds revealing the call to action with details on how to get in contact.

VO

To find out more talk to your GP about the Health In Mind Initiatives