

Looking for a
natural way to tackle



STRESS, ANXIETY

OR DEPRESSION?

Nurturing your wellbeing is really important. At MindFood, you can learn the skills you need to tackle stress, anxiety and depression naturally, and **have a go at growing food, in a small and friendly group.** You get to take home

produce that you've helped to grow and even enjoy a **free visit to Kew Gardens.**

Our **FREE 6-session Growing Wellbeing courses** run from two beautiful green locations in Ealing and Perivale.

FREE trip to Kew Gardens

**Free mindful activities
throughout the week**

**Get started
right away**



In partnership with
Ealing Council

To sign up, or to find out more, contact:

info@mindfood.org.uk

☎ 07720 092954

MindFood CIO is a registered charity no. 1185639

🖱 www.mindfood.org.uk

Studies show that there are

5 Ways to Wellbeing

and at MindFood you'll naturally be able to:



CONNECT

Building stronger social connections in your life can **increase your feelings of happiness and self worth.**

TAKE NOTICE

Paying more attention to the present moment, to your own thoughts and feelings and to the world around you can help improve mental wellbeing.



GIVE

Several studies show that acts of giving and kindness both small and large are associated with **positive mental wellbeing.**

LEARN

Continuing to learn throughout life can help improve and maintain our mental wellbeing. **Trying new things can help boost your confidence.**

BE ACTIVE

There is a link between being physically active and good mental wellbeing. Getting involved in horticulture is **a great way to become more active** and fit.

After completing our Growing Wellbeing course, participants report...

90%

Feel calmer

95%


Feel more able to manage their wellbeing

96%

Feel less isolated

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