



Your photo a day challenge

Take notice and take the photo a day challenge.

Take a photo a day for 30 days based on the themes below and share it on social media using #mywellbeingpledge. It is up to you when you start the challenge.

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| Day 1 CONNECT | Day 2 NATURE | Day 3 CREATE | Day 4 REFLECTION | Day 5 BEAUTY | Day 6 SKY |
| Day 7 ACTIVE | Day 8 WATER | Day 9 COMPASSION | Day 10 HOBBY | Day 11 FRUIT | Day 12 HANDS |
| Day 13 NOTICE | Day 14 VALUE | Day 15 GROWTH | Day 16 FLOWERS | Day 17 GREEN | Day 18 YOU |
| Day 19 LEARNING | Day 20 PLAN | Day 21 JOY | Day 22 SUNSET | Day 23 ANIMAL | Day 24 COMMUNITY |
| Day 25 GIVE | Day 26 LOOK BACK | Day 27 SMILE | Day 28 LANDSCAPE | Day 29 MOVEMENT | Day 30 WELLBEING |

And don't forget we are there when you need us:

For support with depression, anxiety and other mental health conditions visit www.nhft.nhs.uk/iapt

Under 18? www.nhft.nhs.uk/camhs-live

Suicidal thoughts? Call 111, the Samaritans on 116 123 or visit a crisis cafe www.nhft.nhs.uk/crisis-cafe

Connect
Be active
Take notice
Keep learning
Give

Northamptonshire
Health and Care Partnership