



UNIVERSITEIT LEIDEN

"STEP BY STEP" MENTAL HEALTH DAY CITY WALK

LET THE CITY AND NATURE TAKE YOU AWAY

THE HAGUE



1

LANGE
VOORHOUT



2

PEACE
PALACE



3

PALEIS
NOORDEINDE



4

PALACE
GARDENS



5

HOFVIJVER



TIPS AND INTRO

Every year the World Health Organization organizes the World Mental Health Day. The overall objective of this day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. To honor this day the University's well-being office is organizing some activities for its students. The theme of this year is 'nature'. To make it COVID friendly we decided to map out a walk where the students can participate on their own initiative. We hope you enjoy it! It's all about taking some time for yourself, 'step by step'! You can come by anytime on October 10th to pick up your **goodie bag at Wijnhaven**. This goodie bag contains things that you can use during the walk, so it is advised to pick it up before you start the 'Step by Step' Mental Health Day The Hague City Walk.

TIPS

COFFEE STOPS (MID WALK)

- LOLA Coffee and Bikes (NOORDEINDE 91)
- BOOKSTOR (NOORDEINDE 39A)
- COFFEE COMPANY (NOORDEINDE 54)
- BAGELS & BEANS (PLAATS 21)
- YOGHURT BARN (PLAATS 25)
- HOMETOWN COFFEE (BUITENHOF 4)

WHAT TO DO?

1. Lange voorhout

GUIDED MEDITATION

What better place to really relax than on a bench on the most beautiful trail of The Hague. A guided meditation can be done anywhere. Follow [this link](#) (5-minute meditation you can do anywhere) to a much loved 5-minute meditation. Really take a moment to relax and reflect. You deserve it!

2. Vredespaleis

TIME TO DRAW

A lot of us want to take more time to really relax and do something for ourselves. Drawing releases dopamine, endorphin and serotonin in the brain. These are called the 'happiness hormones' as they give you a feeling of happiness! Take a moment to take out your pen and paper and start drawing. You can do it as long as it feels good for you.





WHAT TO DO?

3. Paleis Noordeinde

QUIZ

People often think they are alone with their struggles regarding their mental wellbeing, but nothing could be further from the truth. Although mental well-being is increasingly being discussed, it is still a huge taboo. Mental Health Day is brought to life in order to challenge this taboo. To test your knowledge we have prepared a few questions, do you know the answers? Let's find out! The questions are on the last page.

4. Palace Gardens

REFLECT

We would like to take this moment to reflect on the basis of a few questions. You can write down your answers, answer them mentally or talk about it with your walking buddy.

1. What is an experience that shaped you as a person?
2. What is your best personality trait?
3. What is an achievement that you are proud of?
4. What is something that you need to work on?
5. What is a goal you hope to achieve the upcoming year?



WHAT TO DO?

5. Hofvijver

RELAX

This is the last stop of this walk. You did great! We hope you enjoyed it and felt relaxed during this journey. Take a minute to sit by the water and let all of the impressions of the day sink in. Get in line with your senses and notice your surroundings. Thank you so much for participating! If you would like to know more about what the University does regarding mental health, please take a look at our well-being website (NL: www.universiteitleiden.nl/studentenwelzijn ENG: www.universiteitleiden.nl/studentwellbeing).



QUIZ

QUESTION 1

HOW MANY YOUNG PEOPLE WILL EXPERIENCE AN ANXIETY CONDITION AT SOME POINT IN THEIR LIVES?

- A. 1 IN 6
- B. 1 IN 24
- C. 1 IN 15
- D. 1 IN 4

QUESTION 2

WHAT PROPORTION OF YOUNG PEOPLE WITH MENTAL HEALTH PROBLEMS SAY THE STIGMA THEY FACE HAS MADE THEM WANT TO GIVE UP?

- A. 26%
- B. 6%
- C. 52%

QUESTION 3

DEPRESSION IN YOUNG PEOPLE CAN BEST BE HELPED WITH TAKING THERAPY

- A. TRUE
- B. FALSE

QUESTION 4

WHICH OF THESE UK PRIME MINISTERS EXPERIENCED AND TALKED ABOUT MENTAL HEALTH ISSUES?

- A. MARGARET THATCHER
- B. WINSTON CHURCHILL
- C. GORDON BROWN

QUESTION 5

SUGGEST TWO THINGS THAT CAN IMPROVE YOUR MENTAL HEALTH AND WELLBEING

THIS OR THAT

You can introduce a new law surrounding mental health
OR

You can repeal a law

You always know exactly what to say to make someone else
feel better

OR

You always know exactly how to make yourself feel better

Happily living paycheck to paycheck

OR

Unhappy but having millions

You are always told the ending of books and films

OR

You can never go to the movie theater or a concert again

You can only have one day off a week

OR

You never like the holiday destinations you go to

You get paid to relax

OR

You get a bonus every time you meet your deadline in time