

Mental Health Awareness Week

Booklet of Support & Reflections from
Across the NHS CEP Community



NHS CLINICAL
ENTREPRENEUR
PROGRAMME



MENTAL
HEALTH
AWARENESS
WEEK



Instead of 'don't just stand there, do something,' I've come to value the opposite: 'don't just do something, stand there!'

Pause. You don't have to carry everything alone, let others share the weight. Take a moment to check in with yourself, step off the rollercoaster, and come back to what feels true for you. It's your life, you're allowed to live it your way.

**- Dr Natasha Davendralingam
Co-Founder, Anubix**





One of the most useful things I've learned is that regulation isn't a destination, it's a practice. You don't arrive at being less anxious or more calm and stay there; you return to it again and again, sometimes many times a day. That framing took the pressure off for me. I stopped feeling like I was failing every time I got anxious or overwhelmed, and started seeing each return to a calm state as the work itself.

The goal isn't to never feel stressed, it's to know the way back to moments of regulation.

**– Anthony Hannides
Founder, HEAL**





Pay attention to the soundscape around you. We often forget that every sound we hear creates a physiological response. If the sounds around us are too noisy, harsh, distracting, or difficult, they raise our stress levels. But a positive soundscape gives us the cognitive space to think more clearly and feel more settled.

My advice is to take a moment to notice which sounds support you, the ones that help you feel grounded and help you thrive.

**– Dr Tamsin Holland Brown
Founder, Hear Glue Ear**





I've learned that my capacity changes. Some days I can lead, build, pitch and hold the vision; other days my body, hormones, family or stress levels need me to slow down and simplify.

My tip is to stop measuring your worth by how consistently you perform. There's so much pressure, especially on women and entrepreneurs, to be endlessly visible and resilient. But real resilience is not pretending you are fine. Sometimes it's adapting your pace, asking for help, choosing the most important thing, and letting that be enough for the day.

A phrase I come back to is: I can be committed to the vision without abandoning myself in the process.

- Gemma Poole
Founder, The Essential Baby Co





Mental health doesn't improve through awareness alone, it improves through action. The smallest actions matter most: asking someone if they're really okay, taking a break before you reach burnout, or speaking up early when something doesn't feel right. Early action reduces risk, delay increases it.

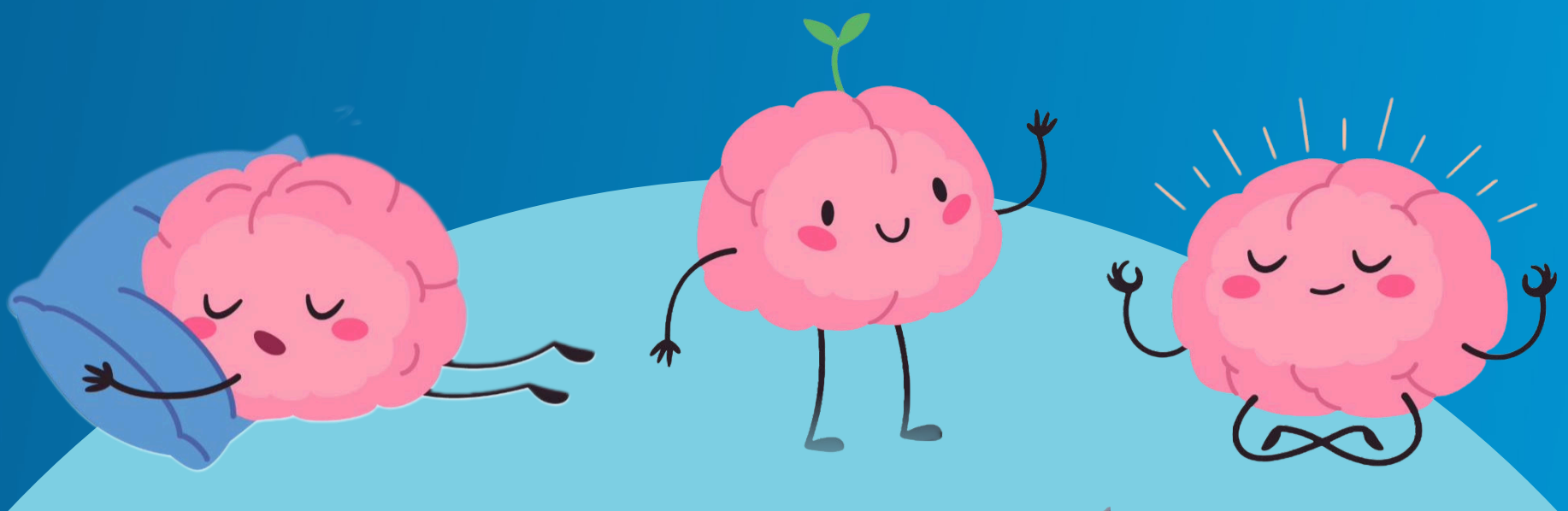
If everything relies on you holding it together, that's not strength, that's risk. Build support early.

- Sinead Welsh
CEO of Safeguarding Specialists

You do not need to solve everything today. Sometimes the most important thing is to just do the next small helpful thing. That might be getting outside for ten minutes, going to bed a bit earlier, messaging someone you trust, taking a break from scrolling, or asking for help sooner rather than later. Small actions create momentum, and momentum can create hope.

I'd also say that sleep, routine, connection, and movement are often underestimated. They sound simple, but they make a real difference when life feels overwhelming.

– Dr Julian Nesbitt
Founder, Dr Julian Medical Group





The Physiological Sigh

When anxiety spikes, the physiological sigh can calm your body in seconds.

Take a normal breath in through your nose, then before you exhale, take a short extra sniff on top. Then let it all out slowly through your mouth. That double inhale re-inflates the tiny air sacs in your lungs that deflate under stress, and the long exhale activates your parasympathetic nervous system - your rest and digest mode.

The sigh doesn't fix the system, but it gives your body a moment to regulate before you take the next step. Sometimes that moment is everything.

- Angus Pringle

Co-Founder, The Canmore Trust App





One of the most powerful things we can do for mental health is to stop tying our worth to body size. Weight stigma is a real and often overlooked driver of distress, shame, and avoidance of care.

A small but meaningful shift: replace judgement with curiosity. When we ask “what does this person need?” instead of “what should they change?”, we create the safety people need to participate in their own health.

For difficult days: Your body is not the problem. Weight is not a proxy for health.

– Helen James
Founder, Nutriri



A wellbeing tip that's helped me:

Getting outside and moving gives me space to disconnect from the online world, get fresh air, and take some time to reset.

A routine that helps me feel grounded:

Meditating for 5–10 minutes a day helps me slow down, check in with myself, and breathe without distractions.

A short message of encouragement:

When things feel overwhelming, we don't need to have everything figured out, we just need to focus on the next step.

– Patrick McClintock
Founder, Check in on a Mate



Thank you for taking a moment for yourself!

For more wellbeing support and mental
health guidance, please visit:

nhscep.com/health-and-wellbeing

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