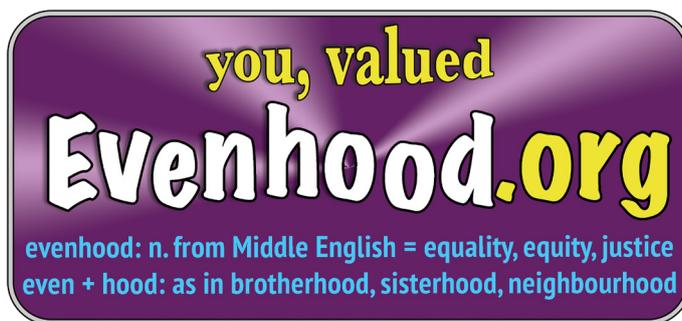


# NEWS RELEASE

For Immediate Publication

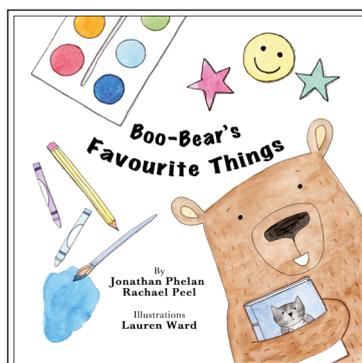
01 September 2020



## Evenhood publishes “Boo-Bear’s Favourite Things”

### Supporting the mental wellbeing of our younger generation

Evenhood’s latest publication, “Boo-Bear's Favourite Things”, has been released just-in-time for children returning to school.



The book is designed to support primary school aged children. It tells the story of Boo-Bear who goes on an adventure to find his favourite things.

Jonathan Phelan, author and founder of Evenhood said:

**“This book is designed to help your Little Readers think about how they feel in the different situations they face on a daily basis. It’s also designed so that Big Helpers can help to nurture the four essential elements of a healthy mind.”**

These are: to make choices; to reflect on how we feel in the moment; to make a connection with other people; and to show gratitude.

The book was written in collaboration with psychologist Rachael Peel and with some wonderful illustrations from Lauren Ward (of Nova and Me - [www.novaandme.co.uk](http://www.novaandme.co.uk)).

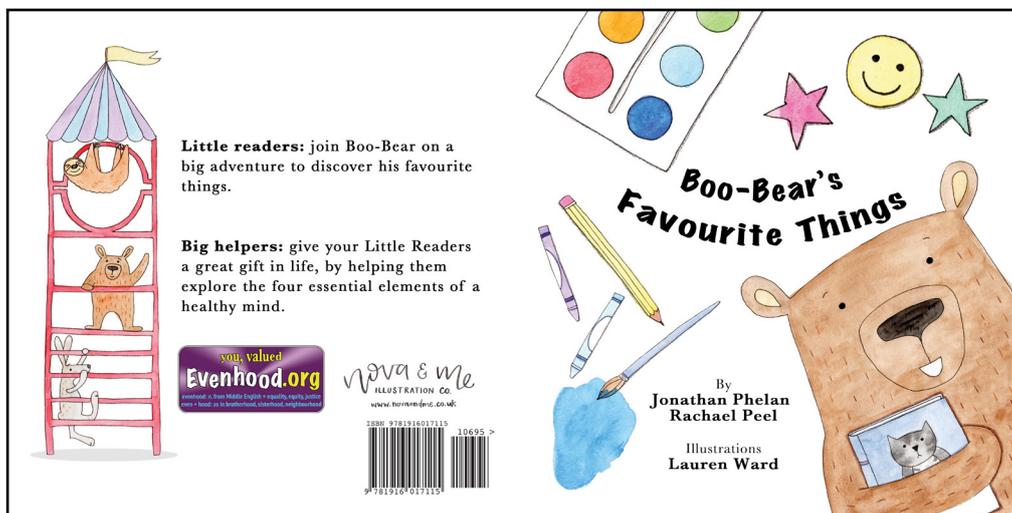
You can explore the book in more detail here: <https://www.evenhood.org/boo-bear>

## Notes for editors:

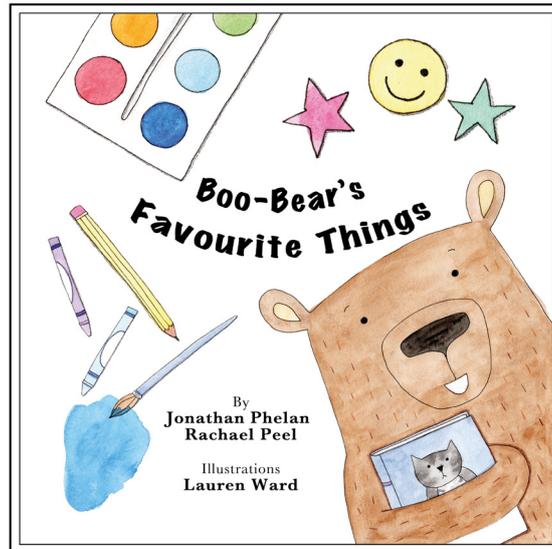
1. Evenhood is a social enterprise whose purpose it is to help people manage their wellbeing, strengthen their resilience and have mentally healthy conversations.
2. Jonathan Phelan founded Evenhood after the death of his son Theo who was stillborn in 2010. This left him with the challenge of learning how to manage his own wellbeing through post traumatic stress and depression. He also had to learn how to talk about his wellbeing with others. He started Evenhood with the aim of making this journey easier for others.
3. Through Evenhood, Jonathan provides wellbeing talks, resilience training and one-to-one wellbeing coaching. Evenhood works with universities, workplaces and schools.
4. Evenhood is designed for support, not profit. All books published by Evenhood are available to read for free on the Evenhood website.
5. Jonathan's story of how he discovered his Holy Grail of how to have mentally healthy conversations is described in "The Art of the Mentally Healthy Conversation" published by Evenhood and available on the Evenhood website.
6. Evenhood has also published "Boo-Bear's Favourite Things" to help primary school aged children explore their own mental health.

**Pictures (email [jonathan@evenhood.org](mailto:jonathan@evenhood.org) to request jpeg or png images)**

### Full Cover for "Boo-Bear's Favourite Things"



**Front Cover for “Boo-Bear’s Favourite Things”**



**Jonathan Phelan**

