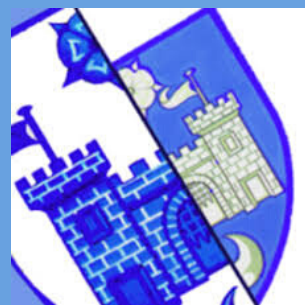


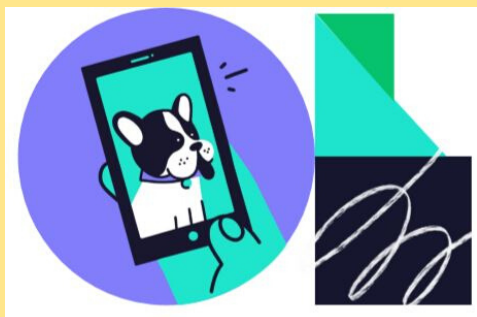
ACTS OF KINDNESS



Mental Health Awareness Week
18-24 May 2020

KINDNESS IS PREVAILING IN THESE UNCERTAIN TIMES. THAT'S WHY IT'S THE THEME OF THIS YEAR'S MENTAL HEALTH WEEK. HERE'S SOME IDEAS TO CARRY OUT YOUR OWN ACTS OF KINDNESS

Keep Connected



Call a friend you haven't spoken to for a while

Arrange to watch a film at the same time as a friend and video call

Send a motivational text to a friend who is struggling

Tell a family member how much you love and appreciate them

Home

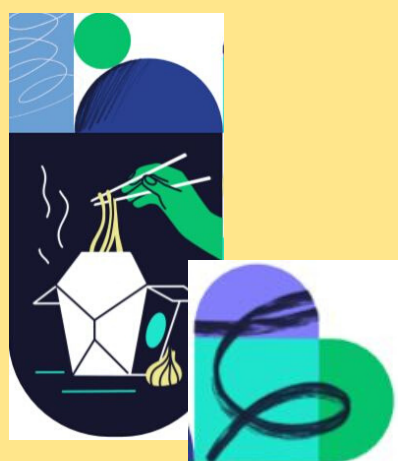
Make a cup of tea for someone you live with

Help with a household chore at home

Spend time playing with your pet



Community



Offer support to vulnerable neighbours

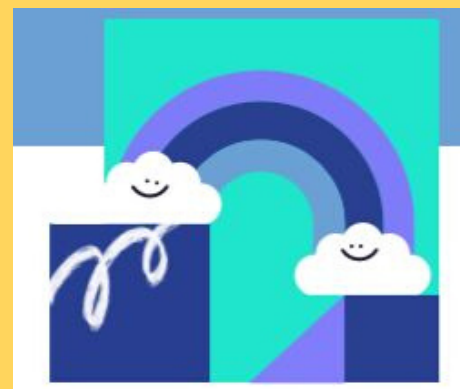
Offer to skill share with a friend via video call – you could teach guitar, dance etc.

If you can, donate to a foodbank or charity

#kindnessmatters

Amidst the current fears and worries, there is also community, support and hope.

Acts of Kindness have the added benefit of not only helping others, but also benefiting our own mental health and wellbeing. They can help reduce stress and improve emotional wellbeing.



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