

MENTAL

HEALTH

AWARENESS

WEEK

18-24 MAY 2020



Mental Health
Foundation

WHAT IS MENTAL HEALTH?

The capacity of our minds to:

Learn and develop new talents or skills

Create and maintain positive relationships

Meet and overcome challenges

Pursue interests, hobbies, or activities

Deal with the ups & the downs that life brings

Celebrate one's achievements

THIS YEAR'S THEME: KINDNESS

What does it mean?

Kindness:

/ 'kʌɪn(d)nəs/

noun

• the quality of being friendly, generous, and considerate.

**OR: “doing something towards yourself and others, motivated by genuine desire to make a positive difference”
(MHF)**



WHY KINDNESS?



Kindness is part of our individual and collective mental health:

- **Acts of kindness towards others can improve our mental health; giving us a sense of meaning and purpose**
- **Kindness given or received can alleviate feelings of isolation**
- **Being kind to others can increase our sense of belonging**
- **Kindness is contagious. It can make the world a better place for everyone...**
- **An act of kindness can have lasting benefits – the more we do for others, the more we can do for ourselves**

THE POWER AND POTENTIAL OF KINDNESS

The practice of **KINDNESS** towards others can....

- **Develop our sense of community**
- **Strengthen our relationships**
- **Deepen our empathy and solidarity....**

KINDNESS towards ourselves can...

- **Boost our self-esteem**
- **Improve feelings of optimism & confidence**
- **Prevent shame from corroding our sense of self**

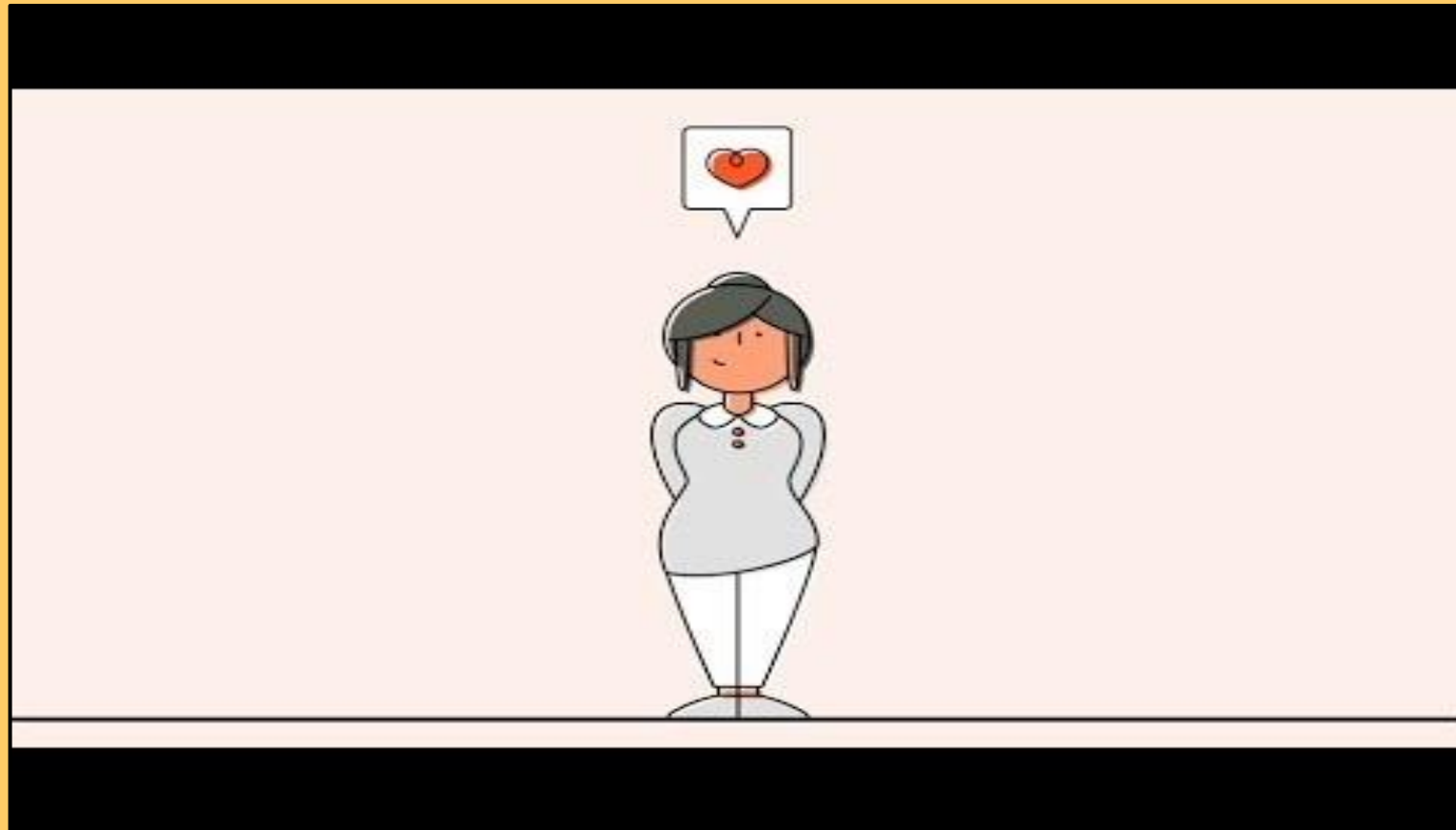
Acts of kindness, even in the simplest ways, are what make our lives **meaningful**, bringing **happiness** to ourselves and others.”

- *The Dalai Lama*



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THE SCIENCE OF KINDNESS



WHY NOW? KINDNESS IN THE TIME OF COVID

Kindness is one of the cornerstones that is getting us through this pandemic & it can be what shapes our society moving forward

We are seeing that in the midst of fear, there is still community, support & hope.....

IF I CANNOT DO
GREAT THINGS, I CAN
DO SMALL THINGS IN
A GREAT WAY.

MARTIN LUTHER KING JR.

**It starts with you, with me,
with us, with everyone !**



RANDOM ACTS OF **KINDNESS** DURING CORONAVIRUS

- **Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation**
- **Tell someone you know why you are thankful for them**
- **Send a motivational text to a friend who is struggling**
- **Send someone you know a joke to cheer them up**
- **Send someone you know a picture of a cute animal**
- **Send an inspirational quote to a friend**
- **Make a cup of tea for someone you live with**
- **Arrange to have a cup of tea and virtual catch up with someone you know**
- **Arrange to watch a film at the same time as a friend and video call**

No act of kindness,
NO MATTER HOW SMALL,
is ever wasted.

Aesop



FURTHER RESOURCES

www.kooth.com (free & confidential online support, including counselling, for young people in Lewisham; register for free to get started)

www.youngminds.org.uk (lots of information for young people on mental health)

www.mentalhealth.org.uk (information on many areas of mental health & special advice about taking care of ourselves during COVID 19)

www.nhs.uk/oneyou/every-mind-matters/ (try their 'Mind Plan' <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>)

AND PLEASE REMEMBER...

ABOVE ALL

BE WELL

&

BE SAFE

