

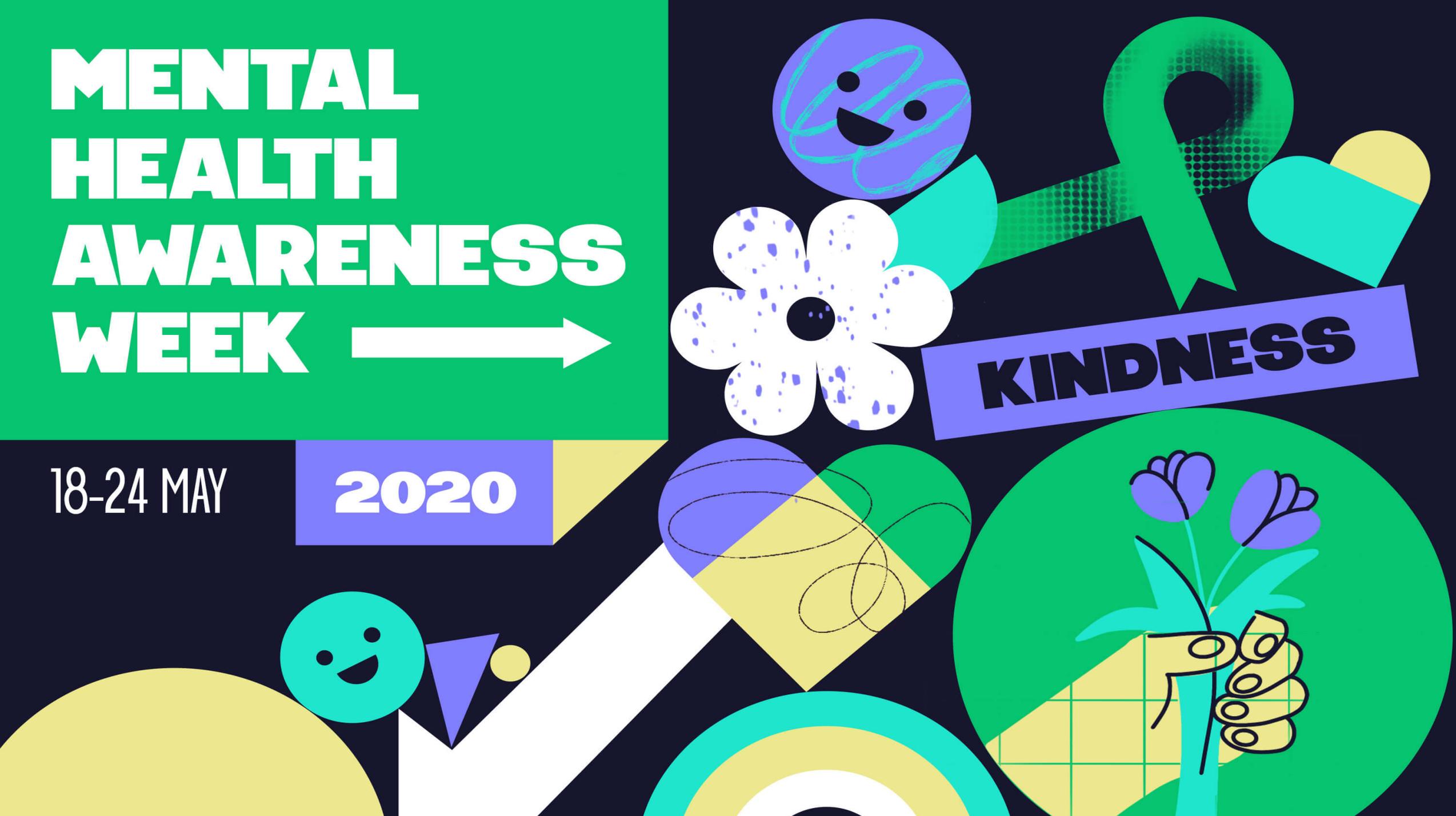
# MENTAL HEALTH AWARENESS WEEK



18-24 MAY

2020

**KINDNESS**





It doesn't have to take a lot,  
'cause even the smallest spark

**Current times  
have been  
tough on our  
mental health.  
It is important  
to reach out  
to others and  
give support  
to each other.**

# MENTAL HEALTH AWARENESS WEEK →

18-24 MAY

2020

**KINDNESS**

The charity Mind has asked people to share some advice to others to manage their mental health at this time of uncertainty. Remember to be kind to yourself too:

"Try to keep to a routine as much as you can – eat and sleep at normal times if possible."

"Go for walks if you are able. Take photos of nature."

"I have found that being creative has helped me so much."

"Try to remember, nothing lasts forever. You can get through this difficult time."

"Speak out about how you feel, you will be surprised at who is willing to help you."

"Be kind to yourself. Take it hour by hour."

"I find minimising watching bad news on the TV helpful."

"It's okay to feel however you feel, people cope and react to things in different ways."

Make a cup of tea  
for someone you  
live with



Help with a  
household chore  
at home



Spend time playing  
with your pet



**Be kind...**

**At Home**

# Be Kind.. Keep Connected

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

\*

Tell a family member  
how much you love  
and appreciate them

\*

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

\*

Tell someone you  
know that you are  
proud of them



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

\*

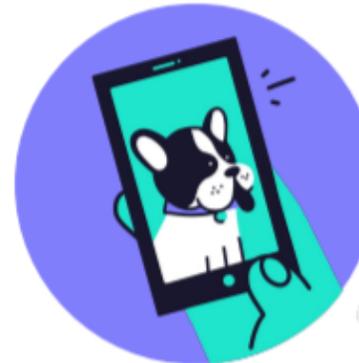
Send an interesting  
article to a friend

\*

Send an  
inspirational  
story of kindness  
people around  
the world are  
doing for others to  
someone you know

\*

Contact someone  
you haven't seen in  
a while and arrange  
a virtual catch up



# Be Kind... To Yourself

123 wellbeing check-in!

1 thing I'm finding hard right now:

2 things that help me feel better:

3 people who've brightened my days:

[#SpeakYourMind](#)

You can get information and support from Mind  
[mind.org.uk/information-support](https://www.mind.org.uk/information-support)