



Mental Health
Foundation

MENTAL HEALTH AWARENESS WEEK →

18-24 MAY

2020

KINDNESS



HAWKLEY HALL HIGH SCHOOL

“You’ll never
regret
being kind...”

With the way life is at the moment,
we can sometimes forget to look after
our mental health.

One way we can look after our
mental health is through #Kindness,
to others and to ourselves.

Why not give some of these things a try...

Send someone
you know a
picture of a
cute animal



Send a motivational
text to a
friend who
is struggling



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



Reach out to call a
friend, family
member or
neighbour who
is experiencing
loneliness or
isolation



Arrange a cup
of tea and
virtual catch
up with
someone
you know



**DOING
GOOD
DOES YOU
GOOD**

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing.



Remember that #KindnessMatters

Being kind to others and kind to yourself.

Especially when times are a little
more challenging, like they
are at the minute.



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe**



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

1 Take a minute to remember what really matters to you and why

2 Do something meaningful for someone you really care about

3 Reconnect with nature today, even if you're stuck indoors

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind