



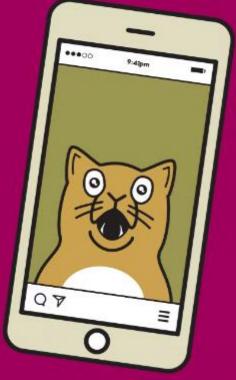
"You'll never regret being kind..."

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

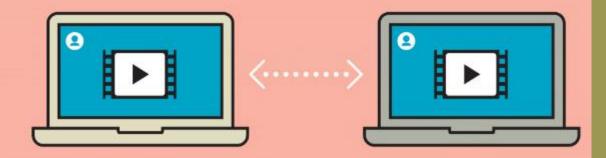




Send a motivational text to a friend who is struggling



## 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





DOES YOU

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

"Start Where You Are. Use What You Have.

Do What You Can" ~ Arthur Ashe

WEDNESDAY

**THURSDAY** 

FRIDAY SATURDAY

> 2 Do something meaningful for someone you

> > Look out

for positive news

and reasons to be

cheerful today

Reconnect with nature today even if you're

10 Tell someone

about why your

means a lot to you

SUNDAY

really care about stuck indoors

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

Send friends a photo of a time you all enjoyed together

12 Be grateful

for the little

things, even in

difficult times

towards one of your life goals, however small

3 Today do

something to

care for the

natural world

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

14 Show your

15 Find out gratitude to people about the values who are helping to and traditions of make things better another culture

Take a minute

to remember what really matters to

you and why

**8** Set yourself a

kindness mission.

Give your time to

help others

16 Look around you and notice five things you find meaningful

Take a positive action to help in your local community

11 What are your most important values? Use them today **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

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

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

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

Keep Calm · Stay Wise · Be Kind