

# Safeguarding and Wellbeing @ Wymondham College

Mental Health Awareness Week: 18 – 22 May 2020



Mental Health Awareness Week takes place this week, from 18 – 22 May. The theme is 'kindness'.



## Kindness during the Coronavirus Outbreak

One thing that we have seen all over the world is that kindness is dominating in uncertain times.

People are coming together to clap the NHS every Thursday at 8pm, others are setting up groups to offer support to the elderly or vulnerable - like collecting groceries or calling them for a chat.

People are having virtual movie and quiz nights, or creating choreographed dances over video chat to share with the world.

We have learnt that amid the fear, there is also community, support and hope.

The added benefit of helping others is that it is good for our own mental health and wellbeing.

It can help reduce stress and improve your emotional wellbeing.





The Mental Health Foundation have some suggestions of random acts of kindness that you could carry out during the coronavirus outbreak.

Kindness during the coronavirus outbreak



**REMEMBER:** doing good does you good!

**Get involved with random acts of kindness**

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

**Tell a family member how much you love and appreciate them**

**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**

**Help with a household chore at home**

**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**

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





**Spend time playing with your pet**

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

**Give praise to a friend for something they've done well**

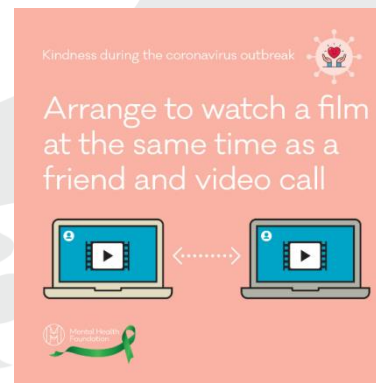
**Arrange to have a video lunch or dinner with a friend**

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

**Donate to foodbanks**

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

**Offer support to vulnerable neighbours**



**Acts of kindness make the world a happier place!**

If you want to find out more about Mental Health Awareness Week, or simply to find other resources about wellbeing and mental health, visit [The Mental Health Foundation](https://www.mentalhealthfoundation.org.uk/) webpage.