



Wellbeing Information and Tips

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Kindness- Mental Health Awareness Week 2020

Every year the Mental Health Foundation host Mental Health Awareness Week. This year they decided the theme would be Kindness. Engaging in and experiencing acts of kindness can have real benefits for our mental health and wellbeing. “Doing good, does you good”. Studies have found that being kind is linked to increased feelings of happiness, wellbeing, and life satisfaction for people of all ages. This seems to be the case regardless of whether the recipient of our kindness is someone close to us, ourselves or society more broadly. There is even some evidence to suggest that simply remembering kind things we have done in the past may increase our wellbeing.

One of the ways we marked Mental Health Awareness week at Mind in Brighton and Hove this year was to set up the hashtags #KindnessMattersBrightonHove and #KindnessMattersHastings on Twitter and ask people to share how they had experienced kindness. We were delighted to see so many uplifting examples, including those shared from our colleagues at Friends Families and Travellers, Grassroots, Brighton and Hove Food Partnership, Brighton Bricks and Switchboard to name a few.

We have collated them to share with you here...

- I think I'm actually most kind to myself when I don't beat myself up or think I've 'failed' on the days when I just don't manage it - [@LGBTSwitchboard](#)
- #kindnessmattershastings kindness is that 'how are you?' txt message out of the blue #mentalhealthawarenessweek #HastingsIsolationStation - [@lovehastings100](#)



MENTAL HEALTH AWARENESS WEEK

Kindness Matters

”

Martha from FFT dropped over some craft stuff over last month.

The kids couldn't wait to start colouring and creating their masterpieces. We've been making things to send to family and friends! It made us really happy - we were so grateful when we couldn't go

BETHANY

out"

*One of the images shared via
#kindnessmattersbrightonhove from @GypsyTravellers*

- It's #mentalhealthawarenessweek! Sometimes a simple act of kindness can change somebody's day or even life - [@btnhovefood](#)
- Acts of kindness can make a big difference when you're stressed or feeling low - [@GypsyTravellers](#)
- Recovery Worker at our Preston Park Recovery Centre has kindly created a [video](#) for this year's #MentalHealthAwarenessWeek to share some tools on how to create your own calm space. Give yourself the gift of calm today - [@BHroots](#)



- Our recruitment advisor has been finding inspirational notes secretly tied to trees in her local woods when out walking her dog! - [@SouthdownHA](#)

- Through lockdown I've been supporting people by collecting food from food banks and delivering to vulnerable families while they isolate - [@GypsyTravellers](#)

- Never underestimate how much you can help someone by just listening to them - [@Creative_Blend](#)

- Give your time by simply having conversations. Talking to others and giving your support during this time, sharing how you are coping can make a big difference - [@CGL_Brighton](#)

- Sometimes just being there is enough. Check in on friends especially if you haven't heard from them for a few days. Sometimes it's hard to reach out when you're feeling low - [Twitter User](#)

- Bullying can be devastating for someone's mental health. This #MentalHealthAwarenessWeek, we're reminding everyone that #kindnessmattersbrightonhove - [@JKPAutism](#)

- Alongside the Fear and Uncertainty, I can still see the community spirit and neighbourly support. *Chair of the Health and Wellbeing Board, BHCC.* [read more here](#) [@BrightonHoveCC](#)

- In the spirit of this we wanted to tell you about our ace social prescribing worker Maha who has put together food containers with delicious food and positive messages for NHS workers.”

[@TrustDevCom](#)



Last week was Carers week, an annual campaign to raise awareness of caring, highlighting the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. This year carers week is focusing on Making Caring Visible. [Click here](#) to demonstrate and act of kindness and sign your pledge to help make carers visible.

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

