



MHST tips for wellness

Kindness

This week's theme is Kindness.

Kindness can mean lots of different things. It might be something as small as holding a door open for someone, or listening to a friend. Research has shown that being kind, or having someone be kind to you, can increase feelings of happiness, wellbeing and life satisfaction.

Try one, or both, of the below activities throughout this week.

- 1) 17th February was Random Acts of Kindness Day. Try to do one kind thing for another person each day this week. This can be as small as paying a compliment to a friend.
- 2) It's important to remember to be kind to yourself too. Have a go at writing down 3 things that you like about yourself.

The MHST is available to support your school throughout lockdown and school holidays. Please contact your EMHP, or email MHST@covworkpt.nhs.uk for information and advice.

Useful dates for your calendar:

22nd-28th You Can Care Week