



# Mental Health Awareness Week

Mental health problems can affect anyone, at any time.

We believe that mental health is everyone's business.

So, for one week each May, the Mental Health Foundation campaign around a specific theme for Mental Health Awareness Week.

The campaign reaches millions of people every year. This year, with your support, we want to reach more people than ever through our students and staff at Buckswood School. This year's theme is **kindness**.

## Why Kindness?

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

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 emotional wellbeing.

Please watch this short video about the campaign and what kindness means

<https://youtu.be/Qcyc68d6OAK>

## So How can you take part?

Here are some acts of kindness to inspire you.....

Before you start, please remember the tips below:

### Keep others in mind

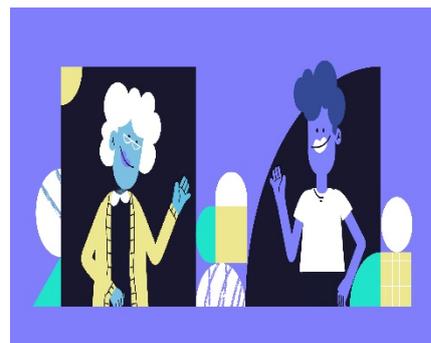
Although carrying out good deeds for other people can make you feel good, don't forget to keep in mind why you're doing it – for their benefit not yours.

## Don't overdo it

If you find that you are giving too much of yourself or have gone beyond your personal resources, think about taking a step back. We recommend starting small so that you don't become overwhelmed or give more than you are emotionally or in other ways able to give.

## Community

- ❖ Donate to foodbanks
- ❖ Donate to a Charity
- ❖ Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- ❖ Offer to skill share with a friend via video call – you could teach guitar, dance etc.
- ❖ Bake a cake for a neighbour (this is part of your 101 Buckswood Things too)



## Home



- ❖ Make a cup of tea for someone you live with or make them a lovely meal.
- ❖ Help with a household chore at home
- ❖ Spend time playing with your pet

## Family and Friends

- ❖ Call a friend that you haven't spoken to for a while
- ❖ Tell a family member how much you love and appreciate them
- ❖ Arrange to have a cup of tea and virtual catch up with someone you know
- ❖ Arrange to watch a film at the same time as a friend and video call, don't forget the popcorn!
- ❖ 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 an inspirational quote to a friend
- ❖ Send an inspirational story of kindness people around the world are doing for others to someone you know
- ❖ Contact someone you haven't seen in a while and arrange a virtual catch up



Don't forget to share your ideas and photos (with permission of course) of your acts of kindness with Buckswood we would love to show everyone how the Buckswood family shares their love and kindness around the world. Please email your photos to [admin2@buckswood.co.uk](mailto:admin2@buckswood.co.uk) so we can include them in the newsletter.

For more information please visit the Mental Health Foundation Website <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

