



# Weekly Wellbeing 18th May 2020

*Top tips and useful resources for looking after your mental health and wellbeing during this challenging time.*

## Mental Health Awareness Week 18th - 24th May 2020

This year the theme for Mental Health Awareness Week is **kindness** as research shows that kindness and our mental health are deeply connected. Kindness makes relationships stronger and develops a sense of community and solidarity.

**Be kind to yourself** - Practice self-care. Dedicate time to looking after yourself and doing something you enjoy. Try to nurture your physical health, start a new hobby or talk to someone. Avoid over working and bottling up your feelings.

**Be kind to others** - One act of kindness can lead to many more.

**Share acts of kindness** - Share acts or ideas of kindness with a group of friends or online to inspire others to do the same.

## Further information and resources...

- Mental Health Foundation - <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>
- Look after your mental health and wellbeing whilst staying at home <https://www.mentalhealth.org.uk/coronavirus/staying-at-home>
- Free resources and ways to get involved <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>
- Parents' self-care tips for looking after yourself in lockdown <https://youngminds.org.uk/blog/parents-tips-for-looking-after-yourself-in-lockdown/>
- Five mental health tips for lockdown <https://www.bbc.co.uk/news/av/newsbeat-52411394/coronavirus-dr-radha-s-five-mental-health-tips-for-lockdown>

## Good News Corner - *Positive News Website*

Positive News is full of articles about the good things that are happening. Find out more or read some of their work here <https://www.positive.news/about/>

Including this article linked closely to the Mental Health Awareness Week 'kindness' theme

<https://www.positive.news/society/10-ways-to-help-others-during-the-coronavirus-outbreak/>



NHS  
VOLUNTEER  
RESPONDERS

DELIVERED BY  
ROYAL  
VOLUNTARY  
SERVICE

NHS

## Do you need some help while self-isolating?

If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our **NHS Volunteer Responders** are here to help.

Join the thousands of others throughout England who are already receiving support – even if it's just for a friendly chat.

**Call 0808 196 3646 or visit**  
**[nhsvolunteerresponders.org.uk](https://nhsvolunteerresponders.org.uk)**

Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.