



MENTAL HEALTH AWARENESS WEEK

18—24 May 2020

5 TOP TIPS

on how to take
care of your own
mental wellbeing

Kindness Week



Here are some ideas you could do to help improve the mental health of yourself and others during Mental Health Awareness week. You don't have to do all of them or even in this order, choose whatever suits you best



Monday

For yourself

Write a diary entry about how you are feeling— you could even continue this for the rest of the week or longer.

For other people

Tell someone a joke to cheer them up

For the Environment

If you are planning on driving today or taking public transport, think if you can walk or bike instead?

Saturday

For yourself

Tidy your bedroom or unclutter your wardrobe— this can help you feel more organised and less anxious.

For other people

Arrange to watch a film at the same time as a friend.

For the Environment

If you're going shopping remember to bring a reusable bag!

Tuesday

For yourself

Do something creative! You could get some ideas online or from one of our [weekly newsletters!](#)

For other people

Tell someone that you care about so much they mean to you.

For the Environment

Try a vegan or vegetarian recipe to cut down your meat consumption.

Wednesday

For yourself

Arrange to have a virtual catch up with friends or family

For other people

Send someone you know a picture or video of a cute/funny animal

For the Environment

Turn the tap off while you are brushing your teeth. You could save up to 909 liters of water per month.

Sunday

For yourself

Start the day by listening to your favourite song, or watch an episode of your favorite TV show

For other people

Call a friend that you haven't spoken to in a while.

For the Environment

Got overripe or bruised fruit? Use them to make a smoothie or cake!

Thursday

For yourself

Try meditating or practicing breathing techniques to help calm you down

For other people

Tell someone you are thankful for them, and tell them why

For the Environment

Before throwing something away, think—can I reuse it?

Friday

For yourself

Finished doing your work for the week? Put any school/college/work resources out of sight for the weekend. Use the time to focus on you.

For other people

Send an inspirational quote to a friend

For the Environment

Watch a David Attenborough documentary to learn more about the effects of climate change

1

Communicate

Talk to someone about how you're feeling – It's helpful to get things off your chest, if you speak to someone you trust they may be able to help you feel less anxious.



2

Maintain a Healthy Lifestyle

Eating too much sugar and drinking too much alcohol or caffeine can leave you feeling irritable and tired. Improving your diet by eating more fruit and veg can have a positive impact on anxiety, allowing you to think more clearly.



3

Support Others

Helping someone else feels good, as it gives us a sense of purpose and self-worth. Even small acts of kindness can make a big difference. Try helping out a neighbor, getting in touch with a friend or relative who may need some support, or volunteering for a local cause.



4

Keep Active

Staying active can make a big difference to both our physical and mental wellbeing. Try and fit activities you enjoy into your routine and if you need more motivation, plan an activity with a friend or family member



5

Be Creative

Listening to your favourite music, picking up a paintbrush, or putting pen to paper – any activity that engages our creativity is an excellent way to support mental wellbeing. Building your skills can leave you with a sense of achievement and boost your confidence

