

# Be kind to others... be kind to yourself (mentalhealthfoundation)

## Friends and family

- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Send someone a joke to cheer them up
- Send a motivational message to a friend that is struggling



## Community

- Donate to a food bank
- Offer support to vulnerable neighbours
- Donate to a charity
- Offer to send a friend a take away or meal

Here are some acts of kindness to inspire you to keep good mental health and wellbeing



## Home

- Make a cup of tea for someone you live with
- Help with a household chore
- Play a game together
- Plan and make a meal together
- Enjoy the time that you are spending together



## Work

- Lend your ear- call a colleague and ask them how they are
- Arrange to have a video lunch with a colleague
- Give praise to a colleague for something they've done well
- Send a colleague an inspirational quote