Surviving Lockdown

MRS CARTLEDGE
Mental Health Awareness Week 2020 is a chance for the UK to focus on mental health.

- This year's theme is **kindness**, with the week running from 18 - 24 May.
- The focus on kindness is a response to the coronavirus outbreak, which is having a big impact on people's mental health.
Mental Health Awareness Week 2020 is a chance for the UK to focus on mental health.

• Some people have mental health conditions like depression or anxiety, which means they have feelings that won't go away and which start to really affect day-to-day life.
• Mark Rowland, chief executive of the Mental Health Foundation, said: "We want to use Mental Health Awareness Week to celebrate the thousands of acts of kindness that are so important to our mental health."
How important is kindness to you?

• The Mental Health Foundation has conducted a new survey into kindness, which has found almost two-thirds of us say that when people are kind to them, it has a positive impact on their mental health.

• The results also found that almost two-thirds of people find that being kind to others has a positive impact on their mental health.

• Almost three-quarters of us say it is important we learn from the coronavirus pandemic to be more kind as a society.

• Forty-eight percent of the people surveyed said being kind "to myself" had a positive impact on their mental health.
Speaking about the research, Mark Rowland said:

• "At one level, kindness can be as simple as phoning a friend who is lonely or thanking a colleague for something they have done. However, to have a major impact on improving our mental health, we need to take kindness seriously as a society."

• The charity is asking the government to think about kindness when they are making decisions about how the country is run.

• Mark Rowland goes onto say that; ‘One thing we have seen all over the world is that kindness is helping people to connect and communities to cope with the impact of the coronavirus pandemic’.
The benefits of kindness...

• Being kind can significantly improve our physical and emotional wellbeing - whether we are giving or receiving it.
• There have even been scientific studies into the effects of kindness, showing that acts of kindness help your immune system, reduces stress, gives you energy and are good for your heart!
• The power of being kind goes even further, it has been proven to slow ageing, improve relationships and it's contagious!
Support in school...

• Remember you can get support in school still, just email your year team if you want to talk

• Secondly you can look at the resources on the school website

One last thought….

“We have a once-in-a-generation opportunity to re-imagine a kinder society - one that protects all our mental health” says Mark Rowland, Chief Executive of the Mental Health Foundation