



Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all and the theme for 2020 is 'Kindness'

Why Kindness?

One thing that we have seen all over the world is that kindness is prevailing in uncertain times and that, amid the fear, there is also community, support and hope.

Often kindness is attributed to the act of being kind to others, however we want to remind you that you need to be kind to yourselves! Find that spare minute to do some mindfulness, have a lazy day, do what you love; just make sure you do something that is for you and your own wellbeing!

Although there is no newsletter this week you can access our previous newsletters, which are full of ideas to be kind to yourself, here:

<https://www.sabp.nhs.uk/our-services/recovery/recovery-college/latest-news-recovery-college>

And listen to some of the team helping you to practise mindfulness by following this link – you may also find a surprise contributor to the team!

<https://www.youtube.com/playlist?list=PLFvgWWNqce45izNXQHMaVTanXG5i8TQu4>

Have a great week and do let us know what you did this week to promote Kindness either to yourself or others.

Source: - www.mentalhealth.org.ukb