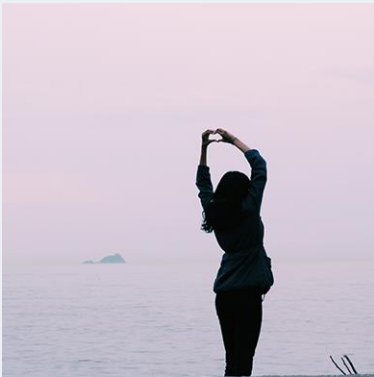


Be Kind



This year's Mental Health Awareness Week focuses on the theme of kindness.



Kindness is defined by doing something towards yourself/others, motivated by genuine desire to make a positive difference. We know from research that kindness and our mental health are deeply connected.

Daily Challenge - Take 30 minutes out of every day for the rest of May to do something for you. Some examples include: Running, Yoga, Pilates, Baking, Gardening, Dancing or maybe make time for a hobby or to learn a new skill.

To help you 'be kind' to yourself, we have a number of **60 Second Skills eLearning modules** which you can access via MyLearning – these are ideal for use on the mobile app – topics include:

- ✓ Letting things go
- ✓ Positive Thinking
- ✓ Relaxation Techniques

In addition, take a look at our **short eLearning modules** which include:

- ✓ Techniques to Relax
- ✓ De-stressing your Inner and Outer World
- ✓ Stress Management – Taking Care of Yourself

Please click [here](#) to view a ½ **hour mindfulness session** provided by our Health & Wellbeing partner Vitality on 'Kindness'

Finally, you can click [here](#) to view some **top tips** that help you look after your mental Health & Wellbeing at Home.

