21/05/20

Hi All,  
  
It's Mental Health Awareness Week and there have been some really helpful resources being shared over social media, on the theme of Kindness. As you know, one of the college's core values is thoughtfulness but we also talk about gratitude in tutorial and how this can be used, not only to help other people's wellbeing but our own too. It's nice to be nice as my grandma used to say :)  
  
We all see the 'be kind' hashtag being passed around our social media platforms but what does that mean to you? I'd love for you to share any thoughts on what acts of kindness you have shown over the last few weeks to help yourself, others or make a positive difference. If you are in need of some kindness for yourself- take a look at the attached poster our brand new Wellbeing Ambassador Amy put together with her team. Self care is important and with the half term coming up next week, try to put aside time to do things that make you happy, show yourself some kindness too!  
  
I have been sending cake to my friends via a local business who have been struggling during the pandemic. Local businesses are most at risk so showing them some kindness through being shopping savvy definitely counts too!  
  
Here's some helpful sites and profiles I have found over the last week:  
  
@mentalhealthfoundation on Instagram, Twitter and FB (they have a website too)  
@theodcentre on instagram- their acts of kindness posts and Amy's isolation tips on @bidolito are really good.  
@heads\_together are putting together a series of 60second clips of people sharing their Mental Health Awareness Week tips.  
  
Enjoy your half term,  
  
Jen

