

Free Giving Friday



People who enjoy giving are open to receiving, have improved mental health and wellbeing

- Do something nice for a neighbour or friend
- Thank others who give you their time
- Smile more
- Enjoy helping friends and doing things to help other

1

Give thanks to your postman/woman. Make a poster to stick on your front door or your window to say thank you.



2

Be the reason someone smiles 😊 today!

Give a compliment to someone else. Let them know what you are grateful for. Or let them know what they are good at. A little compliment can go a long way to boost someone's mood and confidence.

3

Give acknowledgement to thought, feelings and worries. Acknowledge how their thoughts must be making them feel. Try not to minimise or dismiss worries (e.g. "It will be fine!", "Don't be silly"), this can lead to people feeling that their concerns are not being taken seriously which may make them reluctant to talk in the future.

