



Us Plus Mental Health and Wellbeing Bulletin 17

Good morning everyone,

This is the second bulletin this week to focus on 'Kindness'. It is the theme of Mental Health Awareness Week. I truly believe that the kinder we are the happier we are!

Mrs Taylor.

The Mental Health Foundation who organise Mental Health Awareness Week have set the following challenge for this week and you still have time to complete a 'random act of kindness';

"We would like you to carry out or reflect on an **act of kindness**. Take a photo or video (with permission!) and use the hashtags:

#KindnessMatters

#MentalHealthAwarenessWeek

You can also share your ideas on how you think we could build a kinder society that would support our mental health using the same hashtags. "

I mentioned in the previous Us Plus Bulletin that being kind to others has a range of benefits for ourselves. Many of you have taken the challenge and have sent kind messages on your social media, cooked meals for your family, taken the dog for a walk without being asked and lots of other kind acts. Here are some stories and links to other people's experiences of the power of random acts of kindness:

A super experience



For many children, the prospect of meeting a superhero is one that would fill them with immeasurable joy and excitement.

This became a reality for children being treated at Children's Hospital Colorado when costumed crusaders including Iron Man, Spider-Man and Captain America were spotted rappelling down the side of the 10-story building.

Members of the Aurora Police Department Strategic Response and Tactics Team decided to give the children being looked after at the medical institution a bit of boost by dressing up as the superheroes and providing them with the phenomenally super surprise.

The true meaning of sportsmanship



It's every runner's worst nightmare – you're taking part in one of the most important races of your career, only to take a tumble and eliminate your chances of winning a medal.

However, it wasn't the tangle between New Zealand's Nikki Hamblin and America's Abbey D'Agostino at the Rio Olympics that made headlines, but the way in which the women rallied together to help each other across the finish line.

Hamblin and D'Agostino were lauded for capturing the "Olympic spirit" when competing in the qualifying heat for the 5,000-metre race.

With less than half of the distance left to go, Hamblin fell over, accidentally tripping D'Agostino in the process. The fall caused D'Agostino to sustain a foot injury, so Hamblin helped her competitor complete the race with the pair embracing at the finish line.

Hamblin and D'Agostino were both given awards for their acts of "selflessness and exemplary sportsmanship".

More examples of random acts of kindness can be seen in this Youtube video:

<https://youtu.be/AFTBBKIX760>

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time.

You can do this by emailing me at

ktaylor@penrice.org.uk

