



# Us Plus

## Mental Health & Wellbeing

### Bulletin 26

*Hello everyone,*

*Our final bulletin of the year is a great 'Action for Happiness Calendar' for the Summer Holiday! Fantastic focus on kindness! I hope you all have a lovely summer,*

*Mrs Taylor*

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](mailto:ktaylor@penrice.org.uk)

I will be checking my email regularly through the Summer Holiday if you do need to contact me.



## ACTION CALENDAR: ALTRUISTIC AUGUST 2020



### SATURDAY

- 1** Choose to be kind to others (and yourself) all this month
- 8** Give unused items, clothes, food or money to help a local charity
- 15** Cook your favourite food for someone who will appreciate it
- 22** Today do something to make life easier for someone else
- 29** Plan a future project or gathering for your local community

### SUNDAY

- 2** Send a positive message to someone you can't be with
- 9** Water some flowers or plants in a public park or outdoor space
- 16** No plans day! Be kind to yourself so you can be kinder to others
- 23** Turn your phone off and give people your full attention
- 30** Today do something to be kind to nature and our planet

### MONDAY

- 3** Treat everyone you interact with as though they are a friend
- 10** Contact a friend to let them know you're thinking of them
- 17** Make a thoughtful gift as a surprise for someone
- 24** Take time to forgive someone who hurt you in the past
- 31** Share Action for Happiness with other people today

### TUESDAY

- 4** Ask someone how they feel and really listen to their reply
- 11** Be thankful for your food and the people who made it possible
- 18** Give your time to help a project or charity you care about
- 25** Give your time and energy to help someone in difficulty

### WEDNESDAY

- 5** Spend time wishing for other people to be free from suffering
- 12** Share an encouraging news story to inspire others
- 19** Check in with someone who may be lonely or feeling anxious
- 26** Find a way to 'pay it forward' or support a good cause

### THURSDAY

- 6** Smile and be friendly, even when 'physical distancing'
- 13** If someone annoys you, be kind. Imagine how they are feeling
- 20** Look for the good side in everyone you meet today
- 27** Notice when someone is down and try to brighten their day

### FRIDAY

- 7** Thank someone you're grateful to and tell them why
- 14** Try to bring a smile to as many people as possible today
- 21** Tell someone about a book or article you found helpful
- 28** Start friendly conversations with people you don't know



**In a world where you can be anything, be kind. Every act of kindness makes a difference.**

