

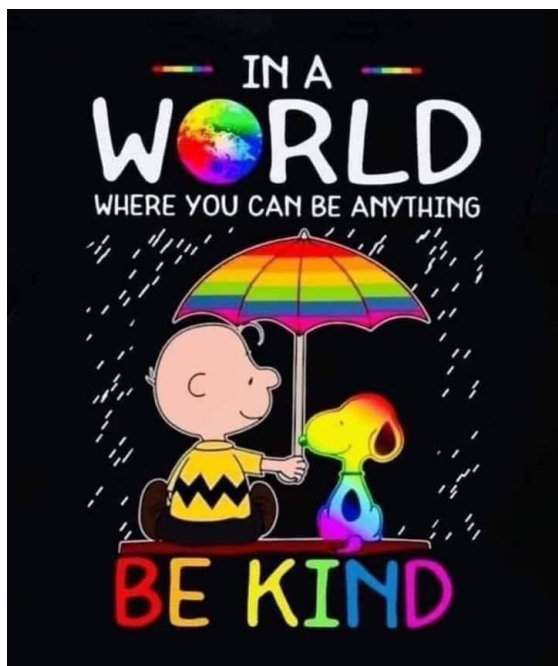


Us Plus Mental Health and Wellbeing Bulletin16

Good morning everyone,

I hope you have all had a lovely weekend. Both of the Us Plus Bulletins this week will focus on 'Kindness'. It is the theme of Mental Health Awareness Week and something I regularly talk about in assembly and my lessons.

Mrs Taylor.



The Mental Health Foundation who organise Mental Health Awareness Week have set the following challenge for this week;

“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. “

If you do decide to share your acts of kindness please share them with me too.

Random Acts of Kindness Can...

- + Increase Happiness
- + Increase Energy
- + Increase Lifespan
- + Increase Serotonin

- Decrease Depression
- Decrease Stress
- Decrease Anxiety
- Decrease Pain
- Decrease Blood Pressure

The information above is scientific fact! Kindness can make you happy and physically and mentally well. Serotonin is a brain chemical that contributes to wellbeing and happiness as well as supporting learning and memory – being kind increases this chemical and all the benefits it brings!

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

