Right Side Up!

Brought to you by CAMHS SCHOOL'S TEAM – Issue 1

Mental Health Awareness week is 18th – 24th May 2020

2020 has been an eventful year so far and the new guidelines have meant that we have all experienced difficult periods with our social lives, freedom and ability to enjoy life and our emotional wellbeing. There are moments where the kindness we receive have lifted our spirits. On these good days, where we feel uplifted, we can do the same for others. Here are some ideas to inspire you to show your appreciation for others that you can do for free.

Kindness starts with me

Interact on social media thoughtfully

eNgage in self-care and be caring towards others

Do say please and thank you

iNspire & encourage others

Encourage positive conversation

Support others if you can

Smile at someone

Contacting that person you think about and letting them know is courageous and thoughtful.

A personal note to that person can be kept as a lovely memory

THANK YOU

Homemade gifts are the best and shows your effort and creativity

Helping others where we can is appreciated and shows your generosity

Self-Kindness

Kindness doesn't just involve acts of care for others, it also includes the care and comfort you generate for yourself and being tolerant of the flaws we have.

When making another heart happy, ensure you make your heart happy too. Thanks to the Anna Freud Centre who have developed the '7 days of kindness calendar' below, you can write down your acts of kindness for each day.

THE SCIENCE OF KINDNESS

There is a science around the act of kindness. Watch this short video here

https://www.randomactsofkindness.org/kindness-videos/18-the-science-of-kindness

SCIENCE OF KINDNESS

7 DAYS OF KINDNESS

DATE:

	MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS							
BEING KIND TO MYSELF							