

Kindness and Mental Health:

How are you showing Kindness to others and to yourself?



Mental Health Awareness Week is 18-24 May. Together in Sussex has asked colleagues around the Diocese to produce short videos. These videos will aim to offer ideas and inspiration to people on how they can show kindness virtually to their friends and family through this difficult time.

The [Mental Health Foundation](#) has chosen kindness for their theme this year because kindness strengthens relationships, develops community spirit and deepens our relationships with each other. As you go on your walk each day you can show kindness by a smile or a simple hello to those you walk past. Kindness can be as catching as the coronavirus! Treat others well and they are more likely to pass it on – our mental health as individuals and collectively – depends on the kindnesses we give and receive.

Mental health is one of the biggest casualties of lockdown. The feeling of loneliness has increased for many, especially the elderly. Kindness is an antidote to isolation. Kindness creates a sense of belonging. Kindness reduces stress.

Kindness changes how we see things. Kindness is doing something for others, motivated by a genuine desire to make a positive difference to them. And kindness to ourselves helps boost our self-esteem and can even improve our optimism during lockdown.

How we cope with mental health challenges determines how well we recover from the corona virus pandemic. The psychological and social impacts are likely to outlast the physical symptoms of the virus. Let's see how we can become more kind to ourselves and others, so during Mental Health Awareness Week, send us: send pictures or stories of acts of kindness you've given or received. Share them using #KindnessMatters, #MentalHealthAwarenessWeek, @TogetherSussex, @mentalhealth

As we read in Colossians 3:12: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Please contact Elle Weaver, Development Manager and Head of Wellbeing & Mental Health if you would like more information, resources or support during this time.

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