

The week beginning 18th May 2020 is Mental Health Awareness Week. The focus of this week is kindness. How is kindness linked to both mental and physical wellbeing?

- When we help others it feels good! There is some evidence to suggest that when we help others, it can promote changes in the brain that are linked with happiness.
- Helping others is one of the ways we can create and maintain social connections, it can actually make us feel less isolated.
- It can give us a sense of perspective and can increase feelings of optimism and gratitude.
- Kindness makes the world a happier place! An act of kindness can boost feelings of confidence and encourages people to perform acts of kindness to others.
- The more you do for others, the more you do for yourself! Doing a good and kind thing for someone else can make us feel better about ourselves.

I have seen many acts of kindness during the current Covid 19 situation. These have included the Helping Hands Charity, a local organisation who have been distributing hampers, the members of BGHS staff who have gone the extra mile to make sure students have the equipment and access to resources they need and, of course, the teams of carers, healthcare workers and other keyworkers who are working hard to keep us all safe. But being kind doesn't have to mean making big gestures, it's about remembering to smile, recognising how important it is to think about how others might be feeling, it's about making positive comments on social media instead of negative ones. Most importantly; it is about being kind to yourself and recognising your talents and positive aspects but remembering that nobody's perfect!

Take care, everyone and stay safe!

Mrs Hughes