MindWell

Be kind and generous to others - it makes you feel good!

MindWell - the mental health website for people in Leeds

#MentalHealthAwarenessWeek
#KindnessMatters

@MindWellLeeds

Take time to thank and be kind to others

Let someone, who's important to you, know how much they mean to you today.

Take time to thank people today - if they've given you space to walk past, served you in a shop, delivered your post... it's good to notice and appreciate others.

Could you do a small act of kindness to make someone smile? Do you have a neighbour who might need help with some shopping (respecting social distancing), or, could you write someone a letter?