

MindWell



Be kind every day

MindWell - the mental health website for people in Leeds

#MentalHealthAwarenessWeek
#KindnessMatters

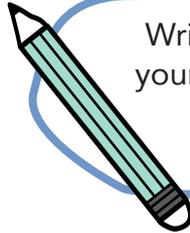
@MindWellLeeds

Which activities did you try this week? How did they make you feel? **Decide on one or two that you could bring in to your everyday life** - and keep doing them!



Write down, Tweet, share with a friend or tell your family what you've been doing this week.

Share the news about being kind.



Use your mobile to set a daily reminder to do **one act of kindness a day - for yourself.**

What will you do?

