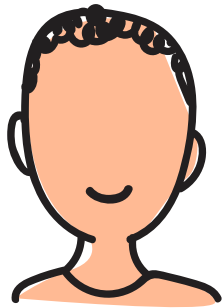


MindWell Week of Kindness Planner



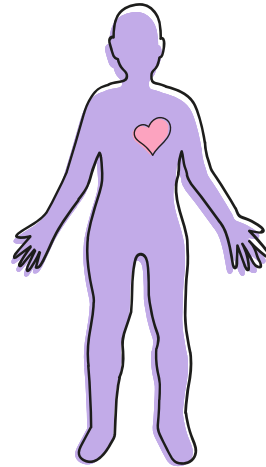
Monday

Be kind to your mind



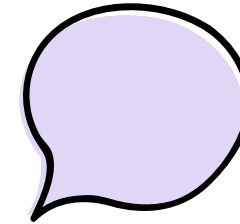
Tuesday

Be kind to your body



Wednesday

Talk kindly to yourself



Thursday

Spread kindness

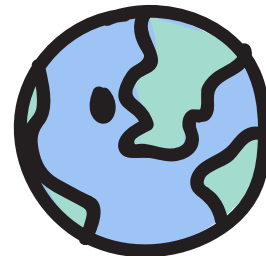
Friday

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



Saturday

Be kind to the world



Sunday

Be kind every day



Mental Health Awareness Week

18-24 May 2020

MindWell - the mental health website for people in Leeds

#MentalHealthAwarenessWeek
#KindnessMatters

@MindWellLeeds

MindWell