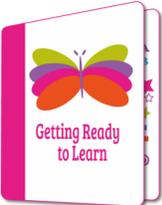


# GETTING READY TO LEARN

## Themed Thursday 21st May 2020



Action Mental Health MensSana team have developed a bitesize session based on the 'Healthy Me' programme for parents and carers around this year's theme of 'Kindness'. Click on the link for more information: <https://www.eventbrite.co.uk/e/healthy-me-parent-carer-workshop-kindness-tickets-105274226044>

This week is **Mental Health Awareness Week** (18 – 24 May) which is promoted by the Mental Health Foundation and the theme for this year is **Kindness**.

The COVID-19 pandemic is making life challenging for many of us with social distancing preventing us from seeing family and friends. It is now more important than ever to encourage 'Healthy Minds' and we need to find creative ways to stay connected as well as helping each other.

[www.actionforhappiness.org](http://www.actionforhappiness.org) have lots of lovely resources including the **coping calendar** below with 30 actions to look after ourselves and each other as we face COVID19. Share with friends, families and staff!

AWARE deliver mental health and well being programmes into communities, schools, colleges, universities and workplaces. They have also produced a guide to 'Looking after your mental health during challenging times'

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) is another useful website with expert advice and practical tips to help you look after your mental health and well-being.

Have a page dedicated to those moments when you just need some quick tips on how to deal with those parenting challenges we all struggle with e.g. Mental Health Top Tips, Building Resilience Top Tips, Managing Emotions Top Tips, plus many more!

### COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

<b>1</b> Make a plan to help you keep calm and stay in contact	<b>2</b> Enjoy washing your hands. Remember all they do for you!	<b>3</b> Write down ten things you feel grateful for in life and why	<b>4</b> Stay hydrated, eat healthy food and boost your immune system	<b>5</b> Get active. Even if you're stuck indoors, move & stretch	<b>6</b> Contact a neighbour or friend and offer to help them	<b>7</b> Share what you are feeling and be willing to ask for help
<b>8</b> Take five minutes to sit still and breathe. Repeat regularly	<b>9</b> Call a loved one to catch up and really listen to them	<b>10</b> Get good sleep. No screens before bed or when waking up	<b>11</b> Notice five things that are beautiful in the world around you	<b>12</b> Immerse yourself in a new book, TV show or podcast	<b>13</b> Respond positively to everyone you interact with	<b>14</b> Play a game that you enjoyed when you were younger
<b>15</b> Make some progress on a project that matters to you	<b>16</b> Rediscover your favourite music that really lifts your spirits	<b>17</b> Learn something new or do something creative	<b>18</b> Find a fun way to do an extra 15 minutes of physical activity	<b>19</b> Do three acts of kindness to help others, however small	<b>20</b> Make time for self-care. Do something kind for yourself	<b>21</b> Send a letter or message to someone you can't be with
<b>22</b> Find positive stories in the news and share these with others	<b>23</b> Have a tech-free day. Stop scrolling and turn off the news	<b>24</b> Put your worries into perspective and try to let them go	<b>25</b> Look for the good in others and notice their strengths	<b>26</b> Take a small step towards an important goal	<b>27</b> Thank three people you're grateful to and tell them why	<b>28</b> Make a plan to meet up with others again later in the year
<b>29</b> Connect with nature. Breathe and notice life continuing	<b>30</b> Remember that all feelings and situations pass in time	<p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>				

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)