Doing good does you good!

Mental Health awareness week, 2020 is wrapped in kindness

mha
Live later life well

Kindness matters. Helping others feels good, not only that but it can also build and strengthen support networks and encourage us to be more active.

Kindness keeps things in perspective. Helping others, in different and less fortunate situations, helps us to become more aware of the things we're grateful for.
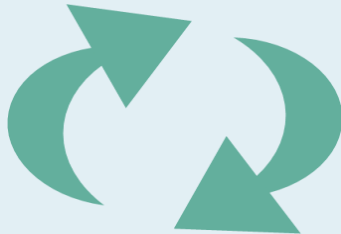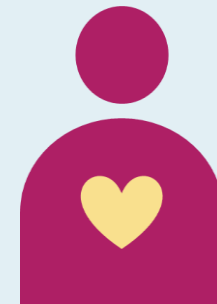
It's contagious! Much like a smile, an act of kindness towards yourself or another helps make the world a happier place. Doing an intentional act of kindness will build confidence, bring a sense of control and increases happiness and learned optimism.

Being kind to others helps you be kind to yourself. Realising how and when to be kind to oneself is key in developing good mental wellbeing and increase resilience. The next time you're hard on yourself ask, would I talk to a friend the same way? If not, change your internal conversation.

1