



Random acts of kindness during Covid-19

During this challenging time, people have been coming together and are supporting one another; from clapping and cheering out of our windows to showing support for NHS staff, to doing a weekly shop for a vulnerable neighbour. We are showing that, even in some of the most difficult times, we can all choose to be kind.

This week, why not see what random acts of kindness you can do or see being done? We'd love for you to share them with us via social media or by emailing them to contactus@health-in-mind.org.uk.

Why do random acts of kindness make us feel good?

Helping each other has been shown to be good for our own mental health; it helps reduce stress and can improve our overall wellbeing. This means that being kind to someone can not only make them feel supported and cared for, but can also make you feel good too. Random act of kindness, however small, can have the power to brighten someone's (and your) day.

It's important to remember that kindness also breeds kindness. When we hear about the generosity and support that others have given during this time, it inspires us to be kind too.

And finally, kindness makes us feel part of a wider, connected and caring community. In this time of social isolation, it seems that kindness is needed now more than ever.

What random acts of kindness can I do during COVID-19?

- Random acts of kindness do not have to be big gestures. Think about the last time someone did something nice for you and you'll realise that even the smallest acts can have a big impact.
- Although a lot of things have changed through COVID-19, the fundamental ways that we can be kind to each other remain the same. Here's some examples of random acts of kindness that you can try now and at any time:
- Leave an online review for your favourite brunch spot or restaurant, telling everyone how great they are.

- Post a note through your neighbour's door to check in with them, particularly if they are vulnerable.
- Surprise the people you live with by waking them with breakfast in bed one morning. They will love the gesture and may return the kindness one day!
- Keep an eye out for inspirational acts of kindness that other people around the world are doing and share it with people that you know.
- Tell someone that you love how much they mean to you.
- Ask people how they are doing, particularly if you think they may be struggling or feeling lonely.
- Leave a positive note on the bathroom mirror for someone that you live with.
- Reminisce with friends and family about special moments in your lives.
- Check in regularly with your colleagues and ask how they are feeling with the change in working routine.
- Donate to your local foodbank or to a charity that is close to your heart.
- Perhaps most importantly, don't forget to be kind to yourself.