



Kindness & Giving

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- **creating positive feelings and a sense of reward**
- **giving you a feeling of purpose and self-worth**
- **helping you connect with other people**

A few ideas are listed below:

- Saying thank you to show appreciation for what others do for you
 - Ask 'How Are You?' and really listen to the response
 - Spend time with someone who needs support or company
- Volunteer in your community whether that be at a club, school, community centre, care home, etc.
- Get involved with a charity, through participating in sponsored activities, donating, giving time and using your skills.

[CLICK HERE](#) for more information about useful organisations and volunteering.