

# Right Side

# Up!

Brought to you by

**CAMHS SCHOOL'S TEAM – Issue 1**

**DID YOU KNOW?  
AN ACT OF KINDNESS CAN:**

- ✓ DECREASE STRESS
- ✓ BOOST HAPPINESS
- ✓ LOWER BLOOD PRESSURE
- ✓ RELEASE FEEL-GOOD CHEMICALS (serotonin & oxytocin)
- ✓ INSPIRE MORE KINDNESS!



randomactsofkindness.org

Mental Health Awareness week is 18<sup>th</sup> – 24<sup>th</sup> May 2020

2020 has been an eventful year so far and the new guidelines have meant that we have all experienced difficult periods with our social lives, freedom and ability to enjoy life and our emotional wellbeing. There are moments where the kindness we receive have lifted our spirits. On these good days, where we feel uplifted, we can do the same for others. Here are some ideas to inspire you to show your appreciation for others that you can do for free.

**Kindness starts with me**

**Interact on social media thoughtfully**

**Engage in self-care and be caring towards others**

**Do say please and thank you**

**Inspire & encourage others**

**Encourage positive conversation**

**Support others if you can**

**Smile at someone**

Contacting that person you think about and letting them know is courageous and thoughtful.



A personal note to that person can be kept as a lovely memory



Homemade gifts are the best and shows your effort and creativity



Helping others where you can is appreciated and shows your generosity



## Self-Kindness

Kindness doesn't just involve acts of care for others, it also includes the care and comfort you generate for yourself and being tolerant of the flaws we have.

When making another heart happy, ensure you make your heart happy too. Thanks to the Anna Freud Centre who have developed the '7 days of kindness calendar' below, you can write down your acts of kindness for each day.



## THE SCIENCE OF KINDNESS

There is a science around the act of kindness. Watch this short video here

<https://www.randomactsofkindness.org/kindness-videos/18-the-science-of-kindness>





# 7 DAYS OF KINDNESS

DATE:

MON

TUES

WED

THURS

FRI

SAT

SUN

BEING KIND TO OTHERS

BEING KIND TO MYSELF