**Here are some acts of kindness to inspire you**

Before you start, please remember the tips below:

* **Keep others in mind:** Although carrying out good deeds for other people can make you feel good, don’t forget to keep in mind why you’re doing it – for their bene t not yours.
* **Don’t overdo it:** If you find that you are giving too much of yourself or have gone beyond your personal resources, think about taking a step back. We recommend starting small so that you don’t become overwhelmed or give more than you are emotionally or in other ways able to give.

**Stay connected with friends and family**

* Call a friend that you haven’t spoken to for a while
* Tell a family member how much you love and appreciate them
* Arrange to have
* a cup of tea and virtual catch up with someone you know
* Arrange to watch a lm at the same time as a friend and video call
* Tell someone you know that you are proud of them
* Tell someone you know why you are thankful for them
* Send a motivational text to a friend who is struggling
* Send someone you know a joke to cheer them up
* Send someone you know a picture of a cute animal
* Send an inspirational quote to a friend
* Send an interesting article to a friend
* Send an inspirational story of kindness people around the world are doing for others to someone you know
* Contact someone you haven’t seen in a while and arrange a virtual catch up

**At home**

* Make a cup of tea for someone you live with
* Help with a household chore at home
* Spend time playing with your pet
* Offer to send someone a takeaway or a meal
* Offer support to vulnerable neighbours
* Donate to foodbanks
* Donate to a charity
* Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
* Offer to skill share with a friend via video call - you could teach guitar, dance etc.

**At work**

* Lend your ear – call a colleague and ask how they’re finding the change in routine
* Give praise to your colleague for something they’ve done well
* Arrange to have a video lunch with a colleague

**Other**

* Attend an online Mental Health Arts Festival
* Our festival aims to support the arts and challenge
* preconceived ideas about mental health.
* Artists and audiences will also be exploring what kindness means to them. For more information go to [www.mhfestival.com](http://www.mhfestival.com)