



KHS Wellbeing Weekly
2020

20 May

Mental Health Awareness Week



Read on for articles and activities to support your wellbeing during this week of national recognition of the importance of mental health and wellbeing.

Quote of the Week



Kindness is spreading sunshine into other people's lives regardless of the weather.

Film Recommendations



As we continue to find ourselves in uncertain times, it can be difficult to settle into new routines and cope with the draining nature of constant uncertainty and confusion. What can be helpful is to carve out some time for rest, or laughter, or to simply find a way to switch off from these difficult circumstances for a while. To help you out, here are some great feel-good films that you can stream at home to take your mind off of everything else for a while.

Film watching can be a great way to wind down. Films can provide comfort, with familiar favourites and beloved characters, or can spark the imagination by exploring unfamiliar settings, ideas and even mystical worlds. We hope this collection of films can provide a few hours of joy, and/or serve as an introduction to some films you may not have seen before.

Available on a variety of streaming free and paid-for platforms including Netflix, Amazon Prime, iPlayer and Disney+

Animated

- My Neighbour Totoro
- Ratatouille
- Big Hero 6

- The Iron Giant
- Song of the Sea
- Where the Wild Things Are
- Inside Out

Films

- Cool Runnings
- Lion
- Akeelah and the Bee
- Whale Rider
- Wadjda
- Berlin 36
- Sonita
- Invictus
- Bridge to Terabithia

Musicals

- Hairspray
- School of Rock
- Singing in the Rain
- The Sound of Music

Documentaries

- Pick of the Litter
- Fast Girls
- Miss Americana
- Free Solo
- Bombshell: The Hedy Lamarr Story

Mental Health Awareness Week: KINDNESS

Why Kindness?

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the fear, there is also community, support and hope. The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve emotional wellbeing.

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 benefit 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.



1 - Why Kindness Matters

- 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 film 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
- 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

Poem of the Week



If I Can Stop One Heart from Breaking

If I can stop one heart from breaking,
I shall not live in vain;

If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.

Emily Dickenson

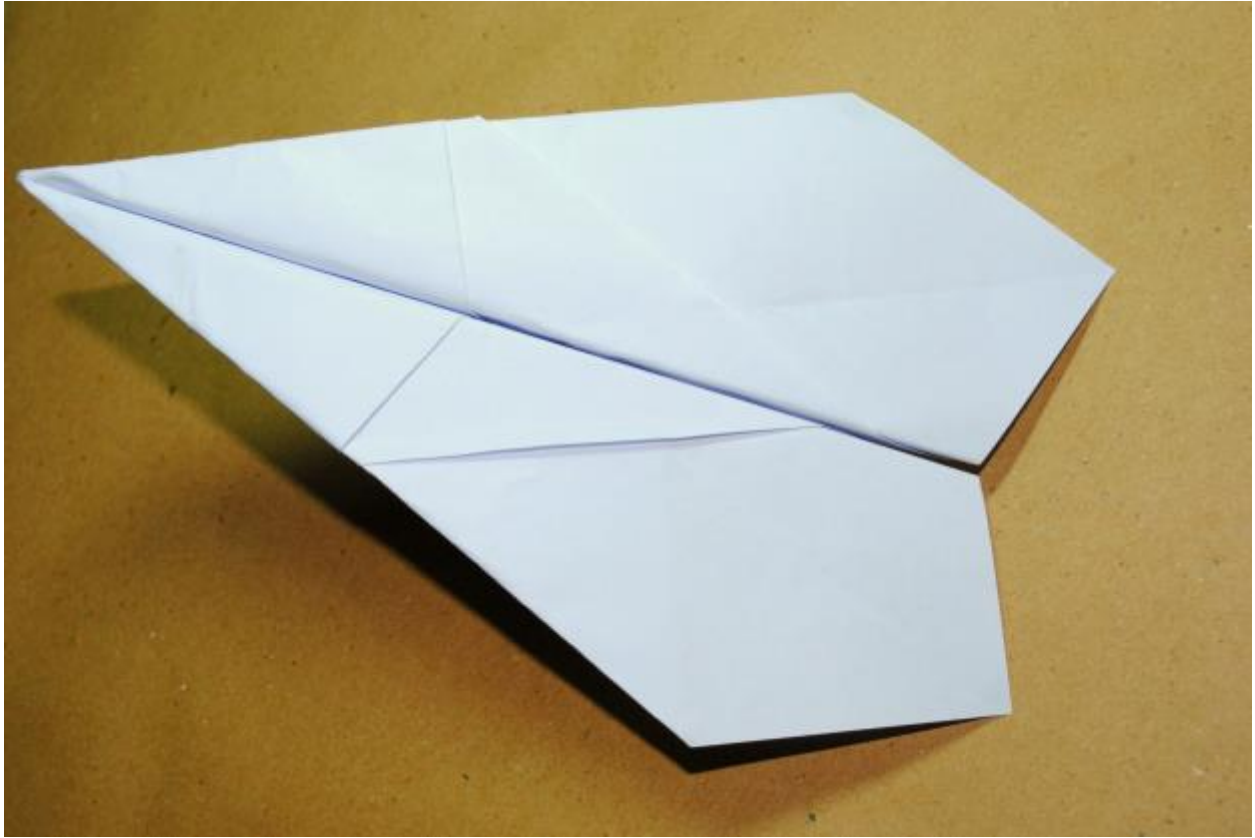
Resource Recommendations



Follow the [Diana Award on Instagram](#) for some daily wellbeing goodness.

[YoungMinds](#) is an excellent charity with a great website supporting young people's mental health.

Call for Submissions



We would **love** for you to contribute to this weekly Wellbeing Newsletter.

Please email r.cresswell@kingshighwarwick.co.uk with any of the following (or any ideas for things you would like to include in the newsletter).

- Photos
- Quotes
- Reading recommendations
- Poems
- Wellbeing challenges
- etc.