

Today is the first day of #MentalHealthAwarenessWeek2020 (18th-24th May).

The topic this year is **kindness**.



'**Mental health**' refers to cognitive, behavioural, and emotional well-being. It involves how people think, feel, and behave.

How are you?



I genuinely want to know the answer to that question. I care.

Please take some comfort in knowing that you matter, you are important and someone cares about how you are doing.

Feel free to email me and let me know how you are! amy.nabdo@bickley.bromley.sch.uk

I would love to hear from you!



Being **kind to others** is important. It really is.

Never underestimate the value of checking on friends and family, perhaps they may seem like a 'strong' person with everything 'under control' but they may need more support than you know. A message, letter or random act of kindness can make all the difference to somebody.

Being **kind to yourself** is equally, if not more, important!

Being kind to yourself means not judging yourself harshly for not being perfect. It means not holding yourself to impossibly high standards. And it means putting an end to comparing yourself to others and not criticising yourself for making a mistake, or for not being good enough at something.



Drop me a message and tell me how you are being kind to yourselves and each other!

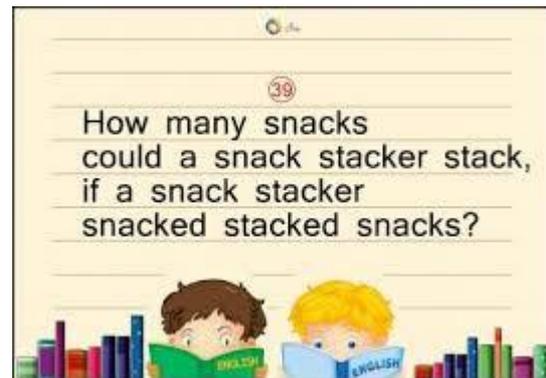
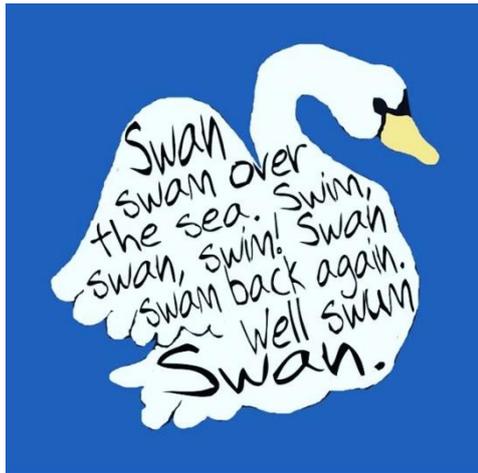
Why not take a moment to listen to this Mindfulness for Kids video - you may find it is a helpful activity to do as a family!

Letting go of worries.

<https://youtu.be/mZO-R7iuCNo>



Try something today that might make you giggle! Like these tongue twisters from



Childfun.com!

Feeling the pressure? Overwhelmed by trying to juggle so many tasks? You are not alone! I heard something this week I thought was so true; We are not all in the same boat but we are all battling the same storms. We are all living unique and individual circumstances while trying to weather this virus 'storm'. What works for one person may not be what works best for you. That is okay!

Try some of these handy tips on those difficult days;

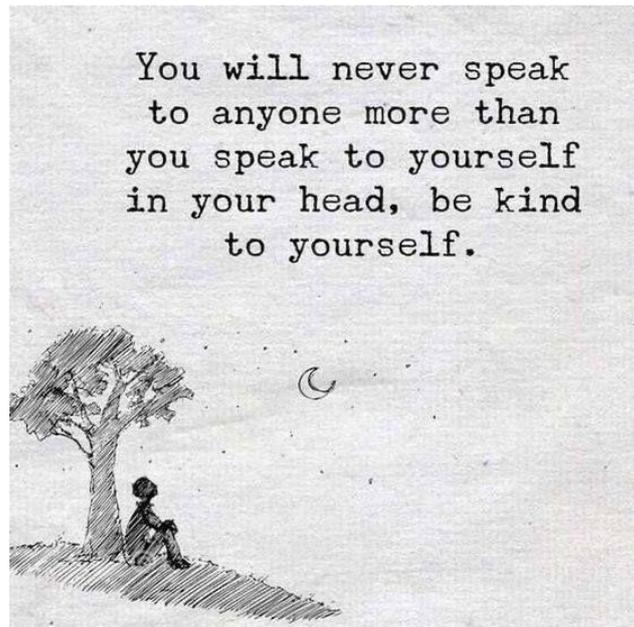
<https://familiesunderpressure.maudsleycharity.org/>



The NHS provide support and tailored advice if you take their 5 question quiz. It's really quick and very helpful!

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Please remember that you are not alone, no matter how you may be feeling.



Unknown

Please bear in mind that I am here, as a listening ear, if you or your child ever needs me.

Best wishes.

From Miss A Nabdoo

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