

MENTAL HEALTH AWARENESS WEEK

5 ACTIVITIES ON THE KINDNESS THEME



Activities and ideas that organisations with any budget can do to promote Mental Health Awareness Week on the theme of kindness.

1. Random Acts of Kindness

Each person is given a name of someone else that they must anonymously do random acts of kindness to (such as writing a card, or giving flowers to) every now and then.

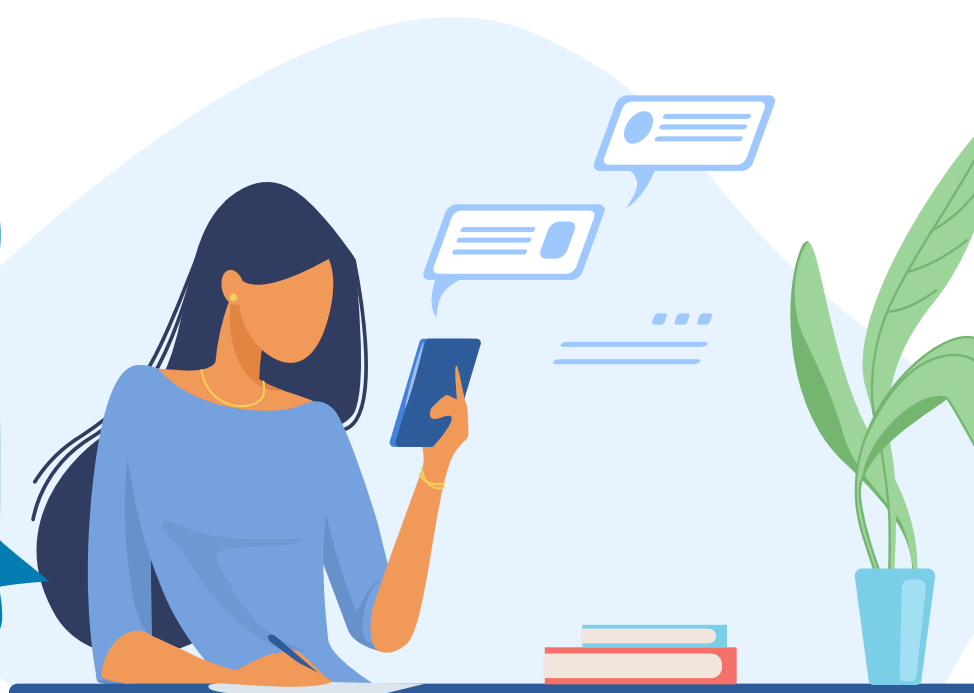


2. Set up Achievement Rewards

Ask people to nominate someone else that they think deserves recognition for something they have done recently at work. Do this each month and recognise the achievement with an applause, certificate and/or small voucher.

3. Encourage Self-Kindness

Arrange a series of webinar-, video- or app-based activities such as Brain Happy's online resilience training courses which are discounted for Mental Health Awareness Week (see below).



4. Kindness to Animals

Having a pet is clinically proven to promote good mental health so why not offer employees a few hours off during Mental Health Awareness Week to either foster a rescue dog, or walk an elderly or vulnerable neighbour's dog?

5. Host a Mental Health Brunch

Invite employees, their families and pets to a (virtual) mental health brunch. If possible, find someone in your organisation who is willing to speak about their own mental health. Begin with a game that promotes good self-esteem by asking each person to list three things they like about one other person in the team.



Brain Happy's Feel Great @ Work courses are available for only **£3 (USD\$3.75) a user until 24th May 2020** to mark Mental Health Awareness Week – this is a HUGE discount. Use the coupon code MHAW2020 or MHAW97 at checkout.
More details at: <https://brainhappy.co.uk/mental-health-awareness-week/>