

Weekly Wellbeing Guide

Issue #8

This week is [Mental Health Awareness Week](#) and we wanted to get involved and help drive conversations on mental health and kindness to create lasting change. You'll find lots of ideas in this guide focused around this year's theme of **kindness**, which is also one of our 5 Keys to Happiness!

Why kindness? [Research](#) shows that kindness strengthens relationships and builds community. It is also known to reduce stress and boost our self-esteem, which is why it can make you feel happier! Watch this [video](#) to understand more why 'kindness matters'.

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

This [Finger Hugging](#) mindfulness exercise is a great way to feel calm and centred whenever our anxiety or stress levels get too high.

Remember, being kind to yourself is just as important as being kind to others.

KEY 2 / MOVE OUTSIDE

Join in the fun during Mental Health Awareness Week by participating in the [30 Minute Movement Challenge](#) to get you moving and feeling good.

Continue being kind to yourself by taking some time out each day for yourself.



KEY 3 / SHARE MORE

Helping out at home is a simple act of kindness that encourages teamwork within your family, like tidying your room or helping to cook a meal!

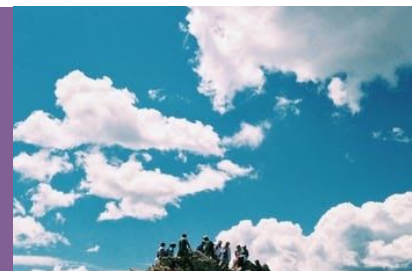
Ask an adult how you can be useful - you might even learn a new skill.



KEY 4 / BE CURIOUS

With a little imagination, you can create your very own story from the shapes you see in the clouds. Give this [Cloud Watching](#) activity a go! What can you see?

Finding joy in nature is just one of the many ways we can be kind to ourselves.



KEY 5 / BE KIND

[Kindness stones](#) are a great way to spread happiness and bring joy to others. You could use paint, markers or simply arrange them in a fun pattern!

Why not hide them around your home for your family to find?



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



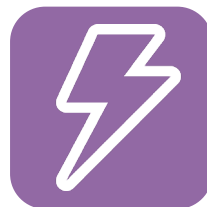
2 / MOVE OUTSIDE

Promote non-competitive
outdoor exercise



3 / SHARE MORE

Encourage connection,
teamwork and communication



4 / BE CURIOUS

Stimulate growth mindsets,
exploration, experimentation
and making



5 / BE KIND

Support an attitude of
caring for oneself, others
and the environment