



**MENTAL
HEALTH
AWARENESS
WEEK**

18-24 MAY 2020

#KindnessMatters

Mental Health Awareness Week

May 18th – 22nd 2020

What is Wellbeing?

Well-being is the experience of health, happiness, and success. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.

It involves five main areas



Physical Health – Recognising the need for activity, a balanced diet, sleep and nutrition



Social Health – Developing a sense of connection, belonging and a well-developed support system



Emotional Health – Coping well with life and creating positive relationships



Spiritual Health – Expanding our sense of purpose and meaning in life



Mental Health - Making full use of our abilities, coping with the normal stresses of life and playing a full part in our families, workplaces and communities

Mental Health Awareness Week

- Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place this week from 18th-24th May. The theme is Kindness.

“Mental health problems can affect anyone, at any time.

Mental health is everyone’s business”



Why Kindness?

- The Mental Health Foundation chose kindness because of its ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.
- Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. Research has shown that kindness counteracts isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent negative feelings and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.



Examples of Kindness at Gryffe



World Kindness Day 2019

Pupils and staff sent personalised 'Thank You' cards to each other. This was so successful that another large batch of kindness cards were sent at Christmas also!



Community Volunteering

Saltire Awards celebrate, recognise and reward the commitment, contribution and achievements of young volunteers. Total volunteering hours in Gryffe as of **Nov 2019** was **7514 hours**



Citizenship

Citizenship is a main focus for Gryffe High School and embeds across the curriculum through the core values of **wisdom, justice, compassion** and **integrity**

What can you do?

- During Mental Health Awareness Week, Mental Health Foundation are asking you to do three things:
- Reflect on an act of kindness. Share your stories and pictures (with permission) of kindness during the week using **#KindnessMatters**
- Use resources from **Mental Health Foundation** website to join with thousands in practising acts of kindness to yourself and others during the week
- Share your ideas on how you think we could build a kinder society that would support our mental health using **#KindnessMatters** and **#MentalHealthAwarenessWeek**





Joining in with Gryffe High 'Acts of Kindness'

Miss Dumbreck has kindly produced these virtual 'Thank You' cards. Right click and 'save as picture' to be able to email to either a friend, family member or teacher.



Use the #GryffeCares on Instagram



Share your photos of your caring acts using #GryffeCares and including our Wellbeing Page @GryffeHigh_Wellbeing



Further Information/ Ideas

Mental Health Foundation – Information about the week

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Mental Health Foundation – Supporter Pack

https://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack_Final.pdf?bblinkid=223651646&bbemailid=21853546&bbejrid=1505706075

See Me Scotland - Volunteers and the team at See Me Scotland are focusing on digital activities that you can all get involved in. All the events will be live on our Facebook page: www.facebook.com/seemescotland.

<https://www.seemescotland.org/news-and-blogs/join-us-for-mental-health-awareness-week/>