

MENTAL HEALTH AND WELLBEING

Giving Tuesday

Tuesday 3rd December was Giving Tuesday. Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health. If you haven't already taken action, carry out a random act of kindness for someone else.

So, today why not...

- Carry out a random act of kindness for somebody else
- Note a random act of kindness someone does for you
- Make a donation to a chosen charity that means something to you

Kindness is one of our LEPS values and we will be encouraging all our learners to carry out a random act of kindness without wanting recognition or praise. Watch out for a kindness ninja near you!

If you would like some inspiration for a random act of kindness, the Mental Health Foundation has a list of 50 acts with a random number generator.



Have a relaxing weekend!

Natalie Rosell Hughes

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