Bloxham School

Kindness in a crisis
Student wellbeing bulletin 7 – May 19th
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This week it is **Mental Health Awareness Week,** and this year's theme is **Kindness Matters!** At the moment, we might all be feeling a bit anxious and cooped up with our families, so it is more important than ever to try to be kind to each other – and to be kind to ourselves!

And the good news is that being kind is good for us. When we are kind to someone else, <u>we</u> feel better too!

Kindness is really easy in practice: it can simply mean having a bit of understanding and empathy for the people we are living with. If people in our family seem a bit stressed or even angry, then it might be better for everyone if we try to understand what they are going through.

Why not ask them how they are feeling and we can help them, rather than joining in with the stress or argument?

Try asking questions like: Are you OK today? Is there anything I can do to help you?

Or, better still do something random and spontaneous that brings a smile to someone's face. When I am out on my exercise walks or runs, I try just to smile and say hello to all the people I am passing – and they always smile back! And, although we are all a bit isolated, we can still reach out and have a conversation with someone who we know might be feeling a bit lonely or sad.

One of the kindest things we can do for someone is to just sit and listen and talk with them for a while. And staying connected with other people – especially at a time like this – will help us feel better in ourselves.

Being kind in a crisis

Kindness is especially important in a crisis. We've seen lots of this already during lockdown; in particular the clapping for carers on a Thursday evening at 8, and students and others in our community volunteering in different ways. And many of us may have been keeping in touch with an elderly or vulnerable neighbour, or listening to a friend who is a bit sad. *All of these things really help.*

One other area we can make a difference is by **being kind online.** We are so used to seeing people being unkind on social media, but it is a really good place to spread **positive news** and make people laugh, in a good way.

All the kind things we can do (like asking someone how they are, or sending our love or offering our help) can be done online as well as in person!

Top ten acts of kindness…

According to research done by **kindlab** (https://kindness.org), the top ten most beneficial acts of kindness we can undertake during the COVID crisis are:

1. Wash your hands.
2. Take care of a family member who is sick.
3. Cover your mouth when you cough.
4. Make a donation to people hit especially hard by the economic shutdown.
5. Cook a nutritious and delicious meal to share with your family.
6. Buy groceries for someone.
7. Arrange video visits with elderly relatives.
8. Video call your parents, grandparents.
9. Get shopping and other essentials for a neighbour.
10. Tell a child what you're proud of them for (this one is for parents and older siblings)

(If you are interested in the survey about acts of kindness, you can find the full results here: https://medium.com/kindlab/how-to-be-kind-in-a-crisis-eddd6073faf9)

Stay safe, and do get in touch by email if you have any wellbeing questions to ask, or a problem you'd like some help with: counsellor@bloxhamschool.com