

# KINDNESS

## Ways to Get Involved

Here are some way to get involved and show 'Kindness':

### 1. Be Kind - to yourself

**Be Mindful** - be kind to yourself by taking some time out each day for yourself.

- Talk to a professional. If you have been struggling, ask for help. Take a leap of faith and call Inspire Wellbeing confidential and independent counselling support to speak with an expert in helping people work through difficult times. You can contact Inspire Wellbeing on 0808 800 0002 (available at any time).

**Prioritise Your Nutrition** - what you eat can have major effect on your energy levels and mood.

- Check out our recent webinar for tips and advice to keep well while juggling new routines and working from home. From planning your shop, breakfast, lunch, dinner, snacking ideas and valuable information on the right foods to eat to improve your energy and sleep. [Click here - Eat Well Work well](#)

**Get Active**

- HIIT, Pilates, and Yoga – take part in whatever exercise you prefer.
- Walking – it is great to try and get some fresh air everyday so why not incorporate this into your challenge? We are challenging you to be active for 30 minutes a day, which may include running, walking and cycling, but this does not have to be strenuous. Whatever your physical ability, this challenge is for everyone.
- Baking - cook up a storm in the kitchen.
- Gardening - this can be a great workout too.
- Ultimately, you can get creative in this challenge by taking on whichever form of movement makes you happy.

**Keep Learning**

- Sign up for a course. So many organisations are offering free webinars to help you develop your skills. We also have some running this week that you can sign up for.
- Learn a new skill e.g. learn how to play an instrument.
- Read a new book.

### 2. Be Kind - to others

- Reach out to friends and colleagues - stay connected, have a zoom quiz.
- Raise money for causes important to you.

Other resources and links to support you getting involved:

- [https://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack\\_Final.pdf](https://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack_Final.pdf)
- <https://healthwell.eani.org.uk/news/covid-19-and-family-health/free-educational-activities-all-family>
- <https://healthwell.eani.org.uk/news/covid-19-and-mental-health/every-mind-matters>
- <https://healthwell.eani.org.uk/news/coronavirus-covid-19-health-advice/advice-ea-families-during-self-isolation>
- <https://healthwell.eani.org.uk/news/mental-health/ea-staff-health-and-wellbeing-guidance>
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