

# Wellbeing Tip of the Week

## Showing Kindness to others and ourselves



This week, schools all around the country will be focusing on anti-bullying, paying particular attention to this year's theme:

### **One kind word**

Kindness is more important today than ever. The isolation of the last year has highlighted how little acts of kindness can break down barriers and brighten the lives of the people around us. Doing these small acts also help to reduce our own stress and improve our own emotional wellbeing.

That being said, we need to remember to be kind to ourselves as well, which can often be harder or easily forgotten. Here are some reminders of some little things we can do that just might go a long way for ourselves:

Prioritise some "me" time, so you can relax and reflect on how you're feeling and how your day or week has been so far

- **Turn off from your social media** channels for a day, or even a week
- **Pay yourself a compliment** or say out loud the positive qualities you like about yourself
- **Treat yourself** to something you enjoy, such as buying a new plant, a piece of cake or a hot drink
- Feel free to **tell you friends** or colleagues what you did to practice kindness over the next few weeks to start the conversation and **fuel more kindness.**