

MindWell Week of Kindness Planner



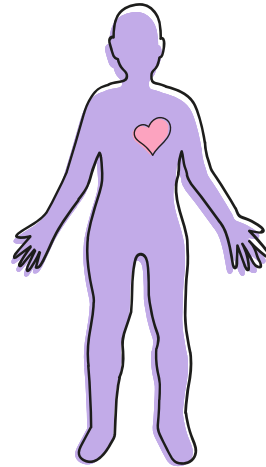
Monday

Be kind to your mind



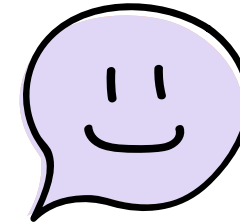
Tuesday

Be kind to your body



Wednesday

Talk kindly to yourself



Thursday

Spread kindness

Don't forget to **Clap for carers** tonight at 8pm.

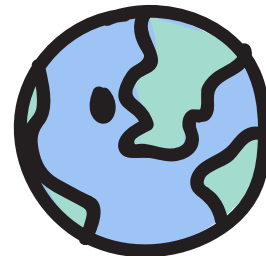
Friday

Be kind and generous to others - it makes you feel good!



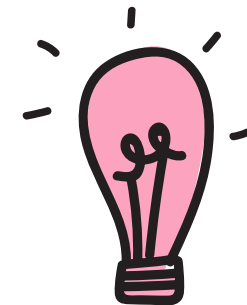
Saturday

Be kind to the world



Sunday

Be kind every day



Mental Health Awareness Week 18-24 May 2020

MindWell - the mental health
website for people in Leeds

#MentalHealthAwarenessWeek
#KindnessMatters

@MindWellLeeds

MindWell