



Peer
Education
Project



Mental Health
Foundation



WHY

KINDNESS

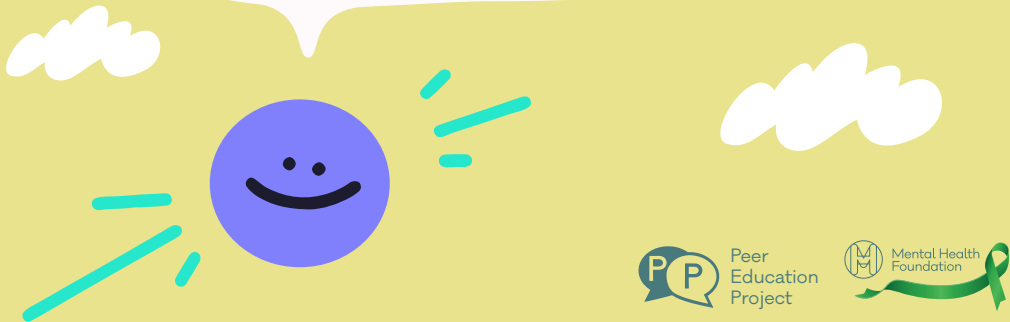
MATTERS



MHF Tips for Young People Series

“[Being kind] is helping others – recognising when they need help and putting yourself out there, even if it’s not what you want to do.”

Peer Educator from the [Peer Education Project](#)



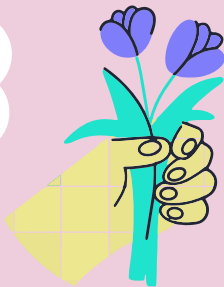
Start small

There are many ways to show kindness to yourself and others, and they don't need to cost money or take much time.

Acts of kindness can be built into your everyday life, from holding a door open for someone or saying hello to a neighbour – little things can go a long way.



Listen to how
one act of
kindness a day can
be good for your
mental health and
wellbeing.



Watch how
one act of
kindness can
create a ripple
effect.

Pace yourself

It's very easy to give away all our energy, especially if we are finding things challenging and want to focus on others.

Remember – kindness starts with you, so leave enough energy for yourself!

You cannot pour kindness from an empty pot! So, while it might feel uncomfortable at first, you need to make sure you top your own pot up with self-kindness from time-to-time.



Explore this [self-kindness toolkit](#) for ideas of ways to look after your own mental health and wellbeing.

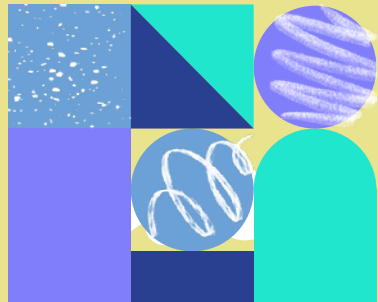
Keep others in mind

Showing kindness to others is another way of showing kindness to ourselves. Being kind can make us feel many positive thoughts, feelings and emotions which benefit our own mental health and wellbeing.

Part of being kind is considering the feelings and needs of others, so it is important that our kindness is something that others will find helpful, not just what we think might help them.



Read these [50 random acts of kindness](#) and think about how and when you could show kindness to others.



“I always try to put myself in someone else’s shoes before I react and remember how I would like to be treated.”

Peer Educator from the [Peer Education Project](#).



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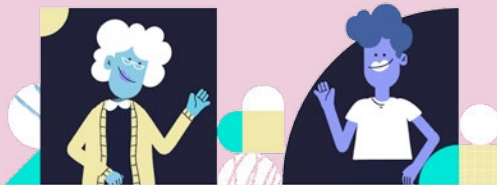


Do something you enjoy



Listen to a favourite song, read your favourite book, play a sport, spend time outdoors, speak with friends – with a clear mind you are more likely to be patient with yourself, and others.

You can also share your skills and interests with others as a way of showing kindness. For example, offering to help with technology, sharing cooking recipes or tips, or inviting someone to play football.



Get creative!

Taking part in creative activities has many benefits for our mental health and wellbeing. Such activities can be an opportunity to express our feelings and emotions, lower feelings of stress, and provide a positive sense of achievement.

There are many creative ways to show kindness to yourself and others. For example, you could make cards or bookmarks with kind images and quotes on them and hand them out to family, friends or even hide them in books from the school library (with permission).

Practise kind thoughts

It's easy to put lots of pressure and expectations on ourselves. It is important we are patient and learn to give time and space to our thoughts and feelings.

Every time you begin to think a negative thought about yourself, try training your brain to swap the thought with a more balanced one. If you get stuck, think about what you would say to a friend and write down the new thought to help remember it for the future.

I'm not
good enough.

I'm doing
my best.



Be reflective

Finding regular opportunities to check in with yourself, and reflect on your thoughts, feelings, and actions, can support you to understand who you are, and the kindness you want to show to yourself and others.

Mindfulness is one way of making time to pay attention to what is happening in our minds and bodies right now, without judgement.



Try this [mini-meditation on reflection.](#)

People who will listen



Shout

Trained Shout Volunteers are here for you if you need to talk, 24/7.

Text **SHOUT** to **85285**

Childline

If you need support, a trained counsellor is available to listen, 24/7.

Call **0800 1111**

