

Tammy Evans

Week 1 - Act of Kindness

This week's theme is act of kindness, and one thing our family did was gather food to donate to a foodbank. Kindness and support is incredibly important, especially during this time of uncertainty and isolation. Kindness can come in many forms, such as a form of charity or helping out around the house. We also need to support each other; we are all in the same boat, it would be worthwhile to send a quick message to friends and family checking up on them, you never know what they could be going through. Most importantly, you need to be kind to yourself. Allow yourself to have time to focus on you and your mental health, whether by going on walks or starting new hobbies. In a time of isolation from the world, never forget that you aren't alone and there's plenty of people here to help you.