

MENTAL HEALTH WEEK 18-24 May 2020 : The theme is KINDNESS

Thinking about kindness not just to others, but also to ourselves, is the focus for this year – remember that there is blessing in giving as well as receiving and here are just a few ideas for you to ponder during the week ahead.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Listen to our Church worship service @ 10.30 this morning. Many other local Church services are also available online.</p> <p>Be kind to yourself in the week ahead! Try to get out for a walk each day and let your senses come alive and notice ...</p> <p>Daily prayer point: For Church leaders endeavouring to minister to their congregations in new ways at this time.</p>	<p>Send a video to a family member who is living away from home to tell them how much you love them. Or call a friend who is far away and have a chat.</p> <p>Look – what gives you pleasure to look at in your home or garden. Appreciate seeing the faces of friends & family on What's App or Zoom chats.</p> <p>Daily prayer point: For family & friends and for good mental health for all.</p>	<p>Is there someone living near you who you could offer to do a shop for?</p> <p>Listen – how about setting your alarm to get up to hear the Dawn Chorus – but don't worry you can still hear the birds singing all day long if you take time to stop and listen.</p> <p>Daily prayer point: For those whose jobs and businesses are under threat.</p>	<p>Send a Card to someone you know who lives alone to let them know you are thinking of them.</p> <p>Smell – appreciate the calming smell of lavender – spray it on your pillow or burn some oils in a diffuser or light a candle.</p> <p>Daily prayer point: For the sick, especially those who are ill in hospital or care homes with COVID and also for bereaved families.</p>	<p>Remember to say thank you to essential workers you come into contact with, and participate in 'Clap for NHS' on Thursday evenings.</p> <p>Touch – on your daily walk, be aware of the warmth of the sun on your back, the wind in your hair or the rain on your face.</p> <p>Daily prayer point: For all NHS workers and other essential workers in our community.</p>	<p>Consider making a donation eg to a local Foodbank or Christian Aid.</p> <p>Taste – be aware of the blessings of abundant food in our shops even in a pandemic and take a moment to say a blessing at mealtimes to give thanks for all the good things we have to eat and to remember the many who go hungry each day.</p> <p>Daily prayer point: For charities and agencies serving others with practical support.</p>	<p>Pray for yourself that you would always be alert to the needs of others for a kind word or deed that you could give.</p> <p>Give thanks for the way your senses have been re-awakened this week.</p> <p>Daily prayer point: For our World that we may take on board new ways of living in the future which are more environmentally friendly and kinder to planet Earth.</p>

