



Some sunshine
in the world



Meet the young
people getting
creative during
lockdown



Dogs become
models – very
cute!



Virtual pub quiz
wins Guinness
World Record and
raises thousands
for charity after
going viral in
lockdown



Radio 1's first
virtual big
weekend!

Weekly Wellbeing

Your weekly dose of goodness to help keep you
happy, healthy and mentally well

Mental Health Awareness

This week is Mental Health Awareness Week so we have dedicated this newsletter to all things mental health. We hear about it a lot more now which is amazing, but we should never stop talking about mental health & creating safe spaces for others to speak out. Enjoy reading & keep safe 😊



About Mental Health Awareness Week

Mental health problems can affect anyone, at any time and mental health is everyone's business.

So, for one week each May, The Mental Health Foundation campaign around a specific theme for Mental Health Awareness Week and this year's theme is Kindness.



Why kindness...?

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the fear, there is also community, support and hope.

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.

To see how you can get involved, visit The Mental Health Foundation's website:



Fancy learning a bit more about mental health?

Check out these websites....



Mental Health Minute

Some familiar faces spread the important message that no matter how isolated you might be feeling, you are not alone – we are all connected.



Quote of the week



DON'T KEEP THINGS BOTTLED UP.

WHAT STRESSES YOU OUT?

YOU ARE NOT ALONE, DON'T BE AFRAID TO REACH OUT AND TALK TO SOMEONE.

YOU ARE ONLY HUMAN. LOVE YOURSELF.



@GIRLPROJECT x @THESAMMM10



Instagram

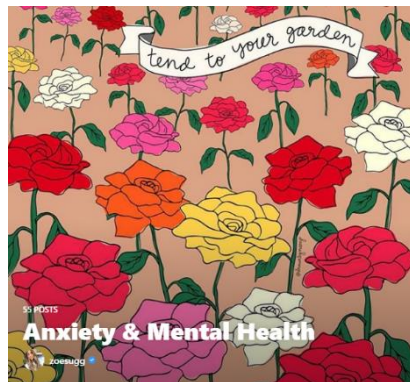
Good news!
Instagram have introduced *Guides*...



Adam Mosseri @mosseri · 15h

Starting today, you can check out Guides – a new way to discover recommendations on Instagram.

Check out this one by Zoe Sugg (creator of Zoella) to get you started and to see some great things like this



Instant Frozen Berry Yoghurt (BBC Good Food)



Ingredients:

- 250g frozen mixed berry
- 250g 0%-fat Greek yogurt
- 1 tbsp honey or agave syrup

Method:

Blend berries, yogurt and honey or agave syrup in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture. Scoop into bowls and serve.

Something to make you smile



If you want to talk, but you're not sure where to turn, it's important to remember that you're not alone, whatever you're going through, there is someone you can talk to.
Shout – 85258 (text)
Samaritans – 116 123
Childline – 0800 1111
Kooth – www.kooth.com
Bucks Advice Line – 01865 904998



• STAY SAFE • BE KIND •



To give feedback on our resources, please follow this link:
<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzLrNkWUjvHrBlXG17yvfhB6tX5Bovqjxv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>