

# Improve Your Wellbeing

A 'Kind To Mind' Guide



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# How Supporting Others Supports Ourselves



# Benefits of Volunteering

Volunteering Jobs can be VERY mindful ie, gardening, spending time with the lonely or elderly, time away from technology, paying greater attention to our community.

Boosts Self Esteem

Benefits Your Own Community

Which will in turn benefit you

Understanding other people's misfortunes allows us to feel grateful and appreciate of our own lives.

Increases Dopamine Production

Dopamine is one of your 'Happy Hormones'

Empathy and Gratitude



# Easy Ways To Support Others



**Mow Your Neighbours Lawn**

**Engage in Conversation with an Elderly Person**

**Smile at People**

**Help Carry someone's Shopping to the Car**

**Volunteer at Care Homes**

**Volunteer at Community Centres**

**Volunteer at Charity Shops**

**Use Social Media to Raise Awareness**



# Easy Ways To Support Ourselves



**Improve Personal Hygiene**

**Engage in Conversations**

**Sleep for 7-10 Hours**

**Meditate**

**Mindful Activities ie, gardening.**

**Get Creative**

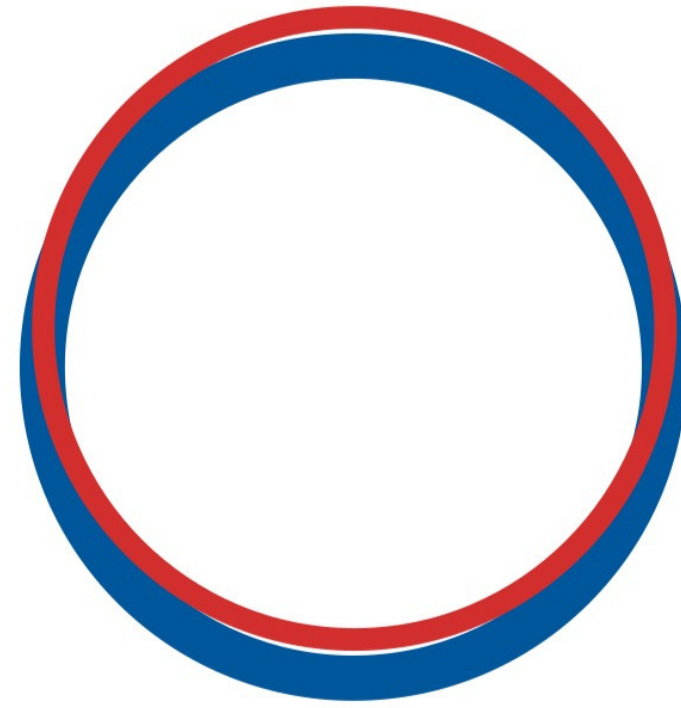
**Eat Nutritious Meals and Less Processed Foods**

**Write Gratitude Lists**



**Now Let's  
Go Out and  
Do It!**





**Kind To Mind**

[www.kindtomind.org](http://www.kindtomind.org)