50 random acts of kindness

Host a get together with your neighbours

Offer to pick up a friend or family member from work

If it's raining - lend someone your umbrella

Give up your seat to someone who needs it

Make someone laugh

Let someone know you're proud of them

Talk to the shop assistant when paying at the till

Send a letter to a grandparent

Take someone out for lunch instead of eating at your desk

Praise someone for something they have done well

Call a friend

Have a clear out and take items to a charity shop

Send someone flowers out of the blue

Cook a dish for someone else

Have a conversation with someone who is experiencing homelessness

Offer to pick up groceries for an elderly neighbour

Leave a surprise note or drawing on someone's desk

Let someone jump the queue at the supermarket

Bake a cake for your friends

Send a handwritten note to someone

Donate to a charity

Make and send a care package to someone who needs it

Check in with someone who is having a hard time

Walk a friend's dog

Help with household chores

Return a lost item to its owner

Get to know someone new

Help a friend get active

Listen to someone who is having a bad day

Send...

A motivational text to a friend who is struggling

A joke to cheer someone up

A picture of a cute animal

An inspirational quote

An interesting article

Reach out to spend time with a friend, family member or neighbour who is experiencing loneliness

Spend time playing with your pet

Help a parent carry a pushchair down the stairs

Help someone who is lost

Have coffee with someone you haven't seen in a while

Make someone a cup of tea

Say good morning

Buy someone a healthy snack

Tell your family you love them

Smile and say hello to people you may pass every day, but have never spoken to before

Sign up to do voluntary work in your local community

Pop into a coffee shop and ask to pay for a coffee for them to give to someone later that day for free

Help a friend move

Offer to babysit for a friend

Let someone know why you're thankful for them

Pick up rubbish lying around in the street

Mental Health Foundation

Support mental health research.
Text THRIVE to 70300 to give £3.

Mental Health Foundation will receive 100% of your donation. We would like to tell you a bit more about our work and ask for support, there is no obligation to give. To opt out of future calls/texts include the words NO INFO at the end of your message e.g. THRIVE NO INFO.

www.mentalhealth.org.uk

Mental Health Foundation, Colechurch House,
1 London Bridge Walk, London SE1 2SX

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Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health.

Today, why not take action within your schools, workplaces and local neighbourhoods to help people and communities thrive? It's so important to look after each other within our communities. This is how we protect and sustain good mental health for all.

What are the benefits?

1. Helping others feels good

When you help others, it promotes positive physiological changes in the brain associated with happiness.

Helping others improves social support, encourages us to lead a more physically active lifestyle, distracts us from our own problems, allows us to engage in a meaningful activity and improves our self-esteem.

2. It brings a sense of belonging and reduces isolation

Being a part of a social network leads to a feeling of belonging. Face-to-face activities such as volunteering at a drop-in centre can help reduce loneliness and isolation.

3. It helps to keep things in perspective

Helping others in need, especially those who are less fortunate than yourself, can provide a real sense of perspective and make you realise how lucky you are, helping you to achieve a more positive outlook on things that may be causing you stress.

4. It helps make the world a happier place – it's contagious!

Acts of kindness have the potential to make the world a happier place. It can also encourage others to repeat the good deed that they've experienced themselves – it contributes to a more positive community.

5. The more you do for others, the more you do for yourself

Evidence shows that the benefits of helping others can last long after the act itself by providing a 'kindness bank' of memories that can be drawn upon in the future.

Physical health benefits

1. It reduces stress

Positive emotions reduce stress and boost our immune system, and in turn can protect us against disease.

2. It helps get rid of negative feelings

Negative emotions such as anger, aggression or hostility have a negative impact on our mind and body. Engaging in random acts of kindness can help decrease these feelings and stabilise our overall health.

3. It can help us live longer

Giving and helping others may increase how long we live. Studies of older people show that those who give support to others live longer than those who don't.

Turn the page for 50 random acts of kindness.