

## **Today's focus is all about friendship and the positive impact this has on mental health and well-being.**

### **So, how can we have happier relationships?**

Well, it's about finding small ways that we can stay connected and feel closer to others. When we reach out to others, do our best to be a good friend, our acts of kindness can ripple out and impact others. Often more than we realise!

This boosts our own happy hormones as well as the people we connect with.

In stressful times, people around us may be feeling the strain, so by helping be a sense of calm, taking time to listen to one another and showing compassion, goes along way!

Although it may often feel like our society is more divided than ever, we can make a meaningful difference by reaching out to others with friendship and kindness. So let's look beyond our differences, listen to others without judgment and celebrate the things we have in common.

We need each other!

I've attached an action for Happiness 'Friendly February' calendar for tips and ideas and tomorrow at 3:30pm in the hall, there will be a chance to just check in, have a cuppa for Time To Talk day and have some friendly fun.

**"The best way to cheer yourself up is to cheer someone else up" ~ Mark Twain**

Wishing you all a friendly and connected February!

# Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Show an active interest by asking questions when talking to others	1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while
14 Tell a loved one or friend why they are special to you	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
21 Really listen to what people say, without judging them	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
26 Give positive comments to as many people as possible today	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**



#mentalhealthmatters #wellbeingweds #friendship #kindness #timetotalk #boostthehappy #compassion