

# ACTION FOR HAPPINESS

## Northamptonshire Action for Happiness Helpful Hints & Tips for Keeping Physically and Mentally Well – Week Ten

Hello All

Firstly, the weather, what a wonderful sunny week. I have just come back from a walk in Abington Park and it was beautiful. This week's coping strategies newsletter is going to be our last weekly update. As we move into June and as lockdown measures are eased, we will move to fortnightly updates, and then monthly from July.

This is written and prepared voluntarily, and I want to take this opportunity to thank everyone that has sent me links, quotes and ideas for content. Thank you too for all the incredibly positive feedback we have received for compiling and distributing this newsletter.

I wanted to share this illustration which was done by a supporter and shared by the national team



On our final 'weekly edition', it seems fitting that this week is Mental Health Awareness Week and below are some helpful universal links.

The Mental Health Foundation have produced a great pack with lots of information on how to support the week around the theme of 'give' and ways you can use the message when: -

- Online
- With friends and family
- At home
- In the community
- At work

Find it here: [www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack\\_Final.pdf](http://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack_Final.pdf)

The COVID-19 crisis is a big challenge for our mental health, and Action for Happiness has launched a new program to boost your wellbeing in these crazy times. 10 Days of Happiness is a free 10-day online coaching programme which guides you through daily actions for happier living. You can sign up at <https://10daysofhappiness.org/>

If you haven't already done so, I encourage you to take the Happiness Pledge:

*"I will try to create more happiness and less unhappiness in the world around me"*

**Take the pledge at: [bit.ly/A4HNorthants](https://bit.ly/A4HNorthants)**

Finally, as our next newsletter will be in a fortnight's time, Friday 5<sup>th</sup> June, I wanted to highlight that the June calendar is already on the website. You can access it at <https://www.actionforhappiness.org/calendars>

**Remember: Keep Calm, Stay Wise, Be Kind.**