



Picture by cynefin

NEWS

Mental Health Awareness Week (18th to 24th May)

It's Mental Health Awareness Week and this year's theme is kindness. Why not brighten up someone's day by sending an uplifting message? It's also the perfect time to practice self-kindness at home.

Join us in raising awareness and take a look at this feeling wheel to check in with yourself and take note of how you're really feeling.

<http://www.teenhelp.org/forums/f14-mental-health/t160134-mental-health-awareness-week-how-have-you-been-feeling>

New article (22nd May)

Volunteering at the Ronald McDonald House

This article describes one user's experiences with volunteering for a good cause. Check it out here.

<http://www.teenhelp.org/forums/f72-general/t160130-volunteering-ronald-mcdonald-house>

How to support your community during the coronavirus outbreak

by Cassie (cynefin)

Supporting your community likely looks different during the coronavirus outbreak, especially since many of us have had to stay home for prolonged periods of time. Giving support is still possible, though! Below are a few things you can do.

- **Keep in contact with others.** Keeping communication open with friends, loved ones, and even neighbors can be beneficial. You can also check on particularly high risk people to see if there is anything you can do to assist them. Something small such as picking up a few groceries or a prescription can make a big difference.
- **Utilize local businesses when possible.** Small businesses, such as restaurants and other local businesses are likely struggling financially during this time. Consider supporting a restaurant or another business nearby. Use curb side pick up, donate, or buy a gift card for yourself or for someone else to use later.
- **Donate or volunteer if you can safely do so.** Is there a food bank or a kitchen nearby you can volunteer with? If not, you can also donate items (like non perishable foods). In some areas, take a book/leave a book cabinets are being used as food pantries to help others. See what is being done in your local area and join in.

INTERESTING TOPICS THIS MONTH

Quick and easy recipes

If you are looking for quick and easy recipes to make during lockdown, or if you're thinking of taking up cooking, take a look at this thread for some ideas.

You can add your own ideas here too!

<http://www.teenhelp.org/forums/f184-food-recipes/t160058-quick-easy-recipes>

What have you been doing during quarantine?

Share what you have been doing during quarantine and find out what others have been doing here.

<http://www.teenhelp.org/forums/f3-general/t160064-what-have-you-been-doing-during-quarantine>

