

THOUGHT FOR THE DAY: Tuesday 11th July 2023

By Zougar

The Importance of kindness and mental health

I think that the ideas of being kind and caring for your mental health are intertwined and almost dependant on each other. Showing kindness to others allows you to spread positivity and love all around which has the potential of impacting someone else's day, even changing it from bad to good! I also think that Jesus Himself embodies kindness and that it's important to spread this message to others.

Looking after not only your mental health but also others' is so important. Being aware of other's feelings and accepting them is crucial to creating a safe space for all. Helping those who are struggling mentally and physically allows you to become a more open individual. But this must start from within. It's important to also be aware of your mental struggles and accepting them. Finding help is very different for everyone; whether is that's through mindful thinking or finding your faith and building a personal relationship with God.

It all starts with kindness to both yourself and others. There is already enough negativity in the world so spread love and kindness everywhere you go.

Zougar was one of our young people who spoke so well and inspiringly about mental health and kindness at our service last Sunday.

BIBLE VERSES:

Jesus said: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'

- Matthew 22:37-39