

THOUGHT FOR THE DAY: Thursday 13th July 2023

By William, Lily and Revd Kit Gunasekera

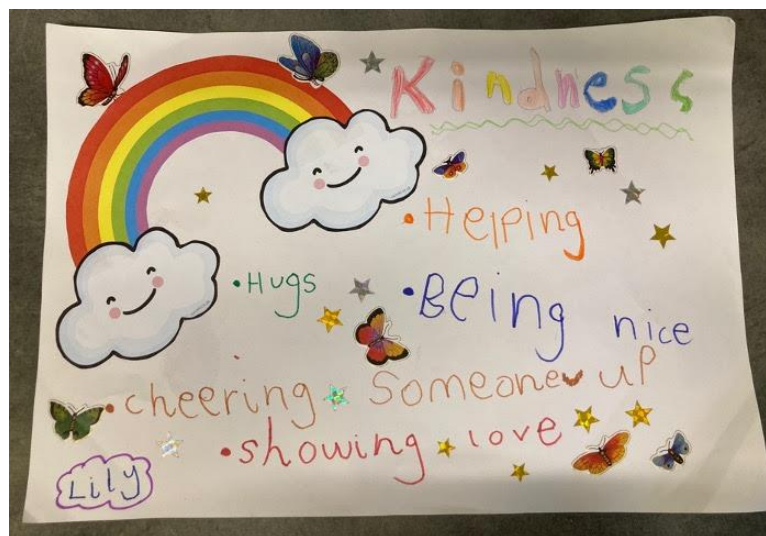
Kindness and Mental Health – Part 2

The situation surrounding Huw Edwards, raises again, amongst many issues, the issue of mental health. Our young people made the link between kindness and mental health last Sunday, and two of our children produced beautiful art work on what kindness means to them. The issue at hand no doubt is complicated, and no doubt there may be more things that will come out, however it would do well if many if not all of the major and minor players involved asked how much kindness has played a part in how they have acted, and how much kindness will play a part going forward. Not just them, but others, such as our selves, who might be far removed and yet have either spoken, texted, or interacted on social media about this issue. I come back to what Zougar said at the end of her speech - "There is already enough negativity in the world so spread love and kindness everywhere you go." I am also reminded of what Naz, the other young person who spoke at the service said - that God has shown kindness to us by providing help for us for our mental health, whether it be people we can talk to, friends, councillors, therapist, and medicine.

Its an important reminder to be aware of others and to seek help when we need it.

Kindness is the Jesus way. If kindness is the way, we must all play our part in building a culture of kindness.

William (bottom left) and Lily's (Bottom right) pictures on what it means to be kind has much to teach us. Please click on them to enlarge.



What does kindness mean to you? How can we be kind today?

