

Mental Health Awareness Week

May 2020

A word from our employment partner, [Karen Cole](#), during Mental Health Awareness Week

As [Mental Health Awareness Week](#) draws to a close, it is important that we keep in mind that our mental (and physical) wellbeing should remain at the top of the agenda at any time of year. Perhaps even more so during this ongoing period of change and uncertainty of the COVID-19 pandemic.

The [Mental Health Foundation](#) opted for 'kindness' as its theme this year. It did so with the pandemic in mind and because it decided that "kindness has a singular ability to unlock our shared humanity... and is the cornerstone of our individual and collective mental health". It strengthens relationships, develops community and deepens solidarity. It struck a chord with me. Aristotle defined kindness as "helpfulness towards someone in need, not in return for anything, nor for the advantage of the helper himself, but for that of the person helped". We are fortunate that within our [RBG family](#), it is something we have in abundance and not just in the acts we undertake for the sake of Mental Health Awareness Week.

Take time to think about your mental health and take steps to look after it – be kind to yourself.

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Note: This is not legal advice; it is intended to provide information of general interest about current legal issues.

