



Mental Health in Schools Team Tips For Wellness



Being brave

Being brave isn't about not feeling scared. Being brave is about what you do even when you *do* feel scared.

Feeling scared is often a sign that we are doing something challenging, and it is completely normal to feel this way! Even though it can feel uncomfortable, being brave and facing difficulties can also help us to learn and grow, both physically and emotionally. Therefore, we need to step outside our comfort zone at times to be able to overcome challenges. Remember, being brave does not mean we have to cope alone!

“Asking for help is one of the most courageous things you can do” – Charlie Mackesy

Our tips for being brave:

1. **Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
2. Practise **positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things'; 'I am awesome'; 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
3. **Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
4. **Strike a power pose!** Standing up tall, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.