RISE MHST

Mental Health in Schools Team (MHST) Tips For Wellness:

TRANSITION

We all experience transitions and changes in our lives, some may feel like really big changes and others we may not notice as much. Common transitions include moving to a new school, getting a new class teacher, moving to a new house or area, and even changes within our family. Transitions can be exciting, however, they can also be stressful, worrying or upsetting. Change can be particularly difficult when it is unexpected and we do not want it to happen, or if we do not feel ready for it.

Our tips for coping with transitions:
1- Focus on what you <u>can</u> control.
Some transitions, like moving to a new year group, are out of our control. Think about what you can do to make this easier, e.g., could you visit your new classroom in advance and familiarise yourself with new surroundings? Could you meet your teacher? Or speak to a child who is already in that year group and hear about their experience?

2- Set a routine.
Routines can help us to feel more in control and calm, as we know what to expect. Create a routine for the parts of your day that you do have control over.

3- Do activities you enjoy!
Making time to do the things we enjoy can not only boost our mood, it also increases our self-esteem and helps us feel more capable of taking on new challenges.

4- Set small goals.
Set yourself small, achievable goals to work on one at a time. This could help you prepare for a transition, e.g., speak to parents/carers, write a 'to do' list, or share worries with a teacher.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars 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.