MHST

Mental Health in Schools Team
Tips For Wellness

Positivity

Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health. That doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.

When we are having a difficult time with our mental health and wellbeing, it can seem quite tricky to keep positive, so we've got some helpful tips and tricks to help you practise positivity…

Our Tips for Positivity:

1. **Focus on your strengths.** Each day for a week, think about one of your personal strengths, like kindness, organisation, patience, or creativity. Write down how you plan to use that strength in new ways that day. Then, act on it!

2. **Take time to look for the positives in your life.** Try writing, or drawing, 1 or 2 things that have been good experiences. These may be things you are thankful for, or things that make you feel happy. They could be things that give you positive thoughts, make you feel good in your body, or something you love about the world around you.

3. **Keep a gratitude journal**. Regularly write down the things you're thankful for in your life, you could do this once a day or at the end of the week. Consider completing this with a family member or friend, to help you to share positivity with others, and take inspiration from them.

4. **Share positives with your friends and family.** Talk to people and share things you enjoy, things that make you feel good, and get them to share with you. Encouraging others to think and act positively can help our own mindset too!

5. **Challenge unhelpful thinking.** When we're struggling to be positive, it is helpful to challenge our unhelpful thinking styles to enable us to work through them and develop a positive mindset.

In order to develop a positive mindset, it is also important to look after our physical health, so try to make sure that you're exercising, eating healthily and in a good bedtime routine, as healthy bodies can help lead to healthy minds!

#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.