RISE MHST

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

REST

Resting our body is vital for our mental health, as it reduces stress and boosts our mood. Rest also helps to improve our concentration, memory, critical thinking skills, problem-solving abilities, immune system, and helps with our metabolism too!

Our tips for rest:

You might think that you need more sleep if you feel an ongoing lack of energy, however 'sleep' is not the same as 'rest'! Try to balance resting your body across all 7 areas.

Guide to 'rethinking rest'

There are **7 types of rest** our body needs:

1- Physical rest (e.g., sleeping, stretching, yoga, massage therapy)
2- Mental rest (e.g., short breaks throughout the day, keep a notepad by your bed to write down any nagging thoughts before bedtime)
3- Sensory rest (e.g., have regular breaks from the bright lights of computer screens and switch off electronics at the end of the day, close your eyes for 1 minute in the middle of the day)
4- Creative rest (e.g., take notice of the beauty of the outdoors, turn your workspace into an inspiring environment with images of places you love)
5- Emotional rest (e.g., have the time and space to freely express your feelings)
6- Social rest (e.g., surround yourself with positive and supportive people)
7- Spiritual rest (e.g., add meditation, prayers or community involvement to your daily routine to feel a sense of belonging, love and purpose)

#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.