RISE MHST

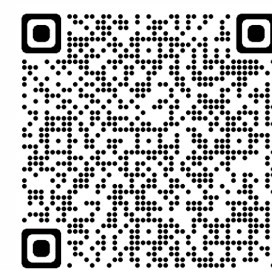## Mental Health in Schools Team (MHST) Tips For Wellness:

NUTRITION & HYDRATION

Research shows that drinking water and eating fresh, healthy foods (especially fruit, vegetables, fish, and fibre) are great for our mental health!
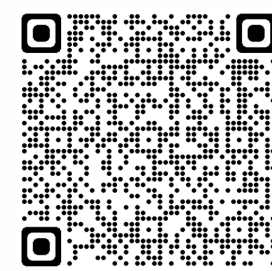Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we're sleeping!) so we must fuel our brain with nutritious foods to help us function. What we eat also affects our mood too!

Our tips for staying hydrated and eating well:

1- Try to drink 6-8 cups of fluid a day. Have a drink with your breakfast and go to school with a full water bottle, remember to drink at break and lunch time too! You could also ask an adult to remind you.

Scan for hydration tips (13 years+)

2- Eat food with a high water content as these can increase your fluid intake, e.g., fruit, vegetables, soup and yoghurt.

3- Learn to cook! Consider the 'Healthy Eating Plate' and choose a balance of food groups to create a delicious, healthy meal.

Scan for healthy eating tips!

4- Be prepared! Being organised and bringing a healthy snack or lunch to school can help you to avoid feeling hungry and buying an unhealthy choice in the canteen.

#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.