

# RISE MHST

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

#### SELF-CARE

20th March - International Day of Happiness

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself, thinking "how do I feel?" and understanding "what do I need?".

Self-care looks different for everybody, so it is important to try out different methods to find what works for you!

#### Our tips for practicing self-care:

1- Ask yourself "how do I feel?" If you feel sad, worried or angry, talk to a trusted adult and choose an activity that you enjoy, e.g., listening to music, drawing, playing a game, reading a book, or going for a walk.



Try out this breathing exercise!

2- Make time for a relaxation activity, why not try out the breathing and meditation exercises by following the QR codes?



Scan to practice meditation.

3- Try to look after yourself by eating and sleeping well!

4- If you notice yourself feeling overwhelmed, take some time out and ask yourself "what do I need?" Is there anything you can do to help yourself to feel better? Or do you need to take a break to recharge?



More self-care tips!

5- To learn more about self-care and how we can look after ourselves better, scan the QR code!

#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](mailto: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.