RISE MHST

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

POSITIVITY

It can be easy to focus on the things that have gone wrong in our day, which may lead to feeling overwhelmed, stressed, worried or sad. By thinking in a positive way and engaging in positive behaviours, we can feel more positive about life too.

Positivity is great for our happiness and wellbeing, and should be practiced every day, not only when we are finding things difficult! You might find it tricky at first but the more you think positively, the easier it becomes.

Our tips for increasing positivity:

1- At the end of the day, list 3 things that went well for you (no matter how big or small!) Sharing positive moments with others can also increase our happiness, so why not do this activity with a friend or family member?

2- Ask yourself, **"what am I good at?"** Think about what strengths and skills you have that help to make you good at this. Share these with a partner and celebrate your successes!

3- Our mood can be influenced by many things, e.g., music, images and words. Choose your favourite uplifting songs and create a '**positivity playlist**'!
You might also want to create a poster of positive quotes, song lyrics or photos that make you feel happy (remember to store this somewhere you can access easily).

*Scan to learn about optimism and creating balanced thoughts!
(This 3 part video is suitable for younger ages)*

#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.