



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Self-care

March - National Bed Month

Self-care is about keeping fit and healthy, understanding what you can do to help yourself feel better, or to keep yourself feeling good. This is equally important for both our physical health and mental health. And because it's self-care we have choice in how we can best do this for ourselves!

Try one, or both, of the below activities throughout this week:

1. Ask your friends/ family what helps keep them to feel good or feel better – create a self-care poster using pictures/words/photos/music/quotes to have in your bedroom.
2. Self-care tips videos for young people - **Every Mind Matters - NHS (www.nhs.uk)** has lots of videos about ways in which we can take care of ourselves, so check it out!

Useful link:

**[https://www.annafreud.org/
on-my-mind/self-care/](https://www.annafreud.org/on-my-mind/self-care/)**

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.