



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Positivity

20th March - International Day of Happiness

Many of us may see positivity as a way in which we feel. However, positivity affects not only how we feel, but also our thinking and how we behave. Positive thinking can sometimes be hard to try if we are faced with a challenge, however a good start is treating yourself with kindness and compassion, like we would do for others. Positive thinking can be helpful as it can encourage us to think of solutions and cope with stress or challenges we may be faced with.

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

1. **Three good things** - write in a personal journal three good things that have happened in your day.
2. **Practice positive self-talk** – quite often we would not dream of saying negative or unkind words we may have thought about ourselves to other people. Try a rule where you don't say something unkind to yourself that you wouldn't say to anyone else like a friend or family member.
3. Be a **thought detective** – if you notice thinking negatively ask yourself 'is this a fact or an opinion? Is there concrete evidence to say this thought is true? What would a friend or family member say about this thought, would they agree? Write down the answers to these questions and see how you feel about them now.

Useful link:

Positive affirmations -

<https://www.youtube.com/watch?v=I55jCHTQwCA>

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.