



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

April is Stress Awareness Month

'Stress' can mean lots of things to different people and affects everyone differently. Things like change, pressure and challenges can cause us to feel 'stressed'.

Some people might show stress in their body, some might just feel it inside. Feeling stress for a long time can damage your body and mind. Understanding how stress affects you can help you to manage your stress better.

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

1. Make yourself a 'Mindfulness' calendar which has 5 minute activity to do each day. On the link below you can find a calendar with daily mindfulness activity suggestions. Mindfulness activities encourage you to focus on what is around you to find a sense of calm.

<https://mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities/>

2. Make yourself a Self-Care Kit - The link below has lots of ideas and activities for self-care for young people, including mindful colouring, laughing out loud, breathing exercises, an emotional check-in, ways to express thoughts, a self soothe box and more creative activities. **<https://mentallyhealthyschools.org.uk/resources/self-care-kit/>**

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address:

cwp-tr.thankskids@nhs.net and we'll do the rest!!

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.