



Mental Health in Schools Team Tips For Wellness

Mood Boosters

Feeling low in mood is a completely normal emotion, and we all feel sad from time to time, even as adults! Maybe you have had a stressful time at school recently? Maybe you are going through friendship difficulties? Or maybe you have been feeling under the weather?

Whilst it is normal to feel this way at times, there are things we can do to **boost** our mood and help us to feel happier. By doing more of the things we love and value, or 'doing more of what matters', we can boost our mood. This helps us to feel less tired, get a sense of achievement, and feel better about ourselves!

Our tips for boosting your mood:

1. Have a look at the **BBC Moodboosters** video resources by scanning the QR code. You will find a selection of videos which help to manage feelings, learn emotional and social skills, and have fun!



BBC
Moodboosters!

2. Follow the **five ways to wellbeing** to help you live a happier life! Watch the video on the QR code for more information.

- **Connect** - Reach out to a friend/family member, listen to music that reminds you of happy memories, look at old photographs, or arrange activities with friends.
- **Be Active** - Get your body moving in any way you like. You could dance, walk, skip, or hula hoop!
- **Take Notice** - Spend time outside appreciating nature, practise mindfulness and grounding techniques.
- **Keep Learning** - Read a new book, watch a documentary, follow a new recipe, or learn a new language.
- **Give** - Give someone you love a hug, hold the door open for the person behind you, or give your time to help others.



Five ways
to
wellbeing!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars 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.