



Mental Health in Schools Team Tips For Wellness



Resilience

"Resilience is the ability to cope with difficult events and situations that happen in our lives."

We can learn ways to make ourselves feel better when we feel that things are getting too difficult to manage. Our resilience can vary according to our age and experiences we have had.

Help your young person to make a Resilience Plan:

Ask your child to write down or discuss the following:

1. Things I am good at...
2. I feel proud when...
3. Today will be a good day because...
4. Things I can control...
5. Things I cannot control...
6. Things that will help me... *list some of the things that your child finds helpful for coping with difficult emotions*

Exam time can be a particularly tricky time for many young people.

Our tips to build resilience at exam time:

- Make a revision timetable
- Take regular revision breaks
- Find what works best for them e.g. revising alone or with a friend
- Ask your young person to list every person in their lives they can speak to for support.

#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.