



# Mental Health in Schools Team Tips For Wellness

## Self-Care

Sometimes when we experience stress, worries and other mental health problems, we might stop looking after ourselves and this can make us feel worse.

Self-care is about taking time to **look after yourself**, and to make you feel grounded when life is getting too much. This involves putting yourself first, and knowing what helps you. Knowing this can have a positive impact on your mental health and wellbeing.

You might think that self-care is all about taking a bath or lighting a candle...and it might to some people, however, we need to understand that self-care looks different to everyone! What works for one individual may not work for another. It is all about how we listen to our bodies, our thoughts, and feelings and understanding what our needs are. Therefore, when you start to notice that you are feeling overwhelmed, you can do an activity that helps you to feel calmer.

### Tips for self-care:

1. Create a **hope box/happy box** – a place to put your special memories in such as trinkets, photos of special days out, or gifts from family and friends. Anything that helps you in the moment for when you are stressed can go in there, e.g., stress toys!
2. Tune into your mental health - tell people what helps you; spot your early warning signs and keep a mood diary.
3. Feeling **connected with others** can increase your confidence and can give you a different perspective on things.
4. **Peer support** - speaking with those who have had similar experiences, can help you feel accepted and challenge stigma.
5. **Therapeutic activities** such as relaxation, mindfulness, and nature-based activities. Scan the QR code below for some mindfulness videos!
6. Looking after your **physical health** by getting enough sleep, keeping active and eating healthily.
7. Ask a trusted adult to help you look into **specialist support** if you need it.



*Mindfulness videos!*



*Lesson plan ideas for managing stress!*

#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](mailto: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.**