



**RISE**



**MHST**

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

## Digital Detox

A digital detox is a period of time spent away from your digital devices such as: phones, tablets and social media. A recent statistics has found that teenagers spend around 7 hours a day on their phones! Although technology is brilliant, using too much technology can negatively impact our wellbeing. Effects of too much usage of our digital devices can be disrupted sleep, feeling stressed and making us more antisocial.

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

- Be active! Use the time away from your device to be outside or spend time with your friends/ family
- Be creative! Think of activities, games and things you could be doing away from your phone or tablet
- Your devices can let you see how much time you are spending on each app, see if you can reduce some time spent mindlessly scrolling!
- Encourage your family to get involved in having some “device free” time at home, maybe you could cook dinner together or have a games night

#### Key Dates this week:

14th-18th - Anti-bullying week

19th - International Men's Day

20th - Universal Children's Day

#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: [cwptr.thankskids@nhs.net](mailto:cwptr.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.