



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Laughter

Laughter is a natural response that can help to connect with other people, interests, and memories.

Laughter is often described as a 'natural medicine' as it is an expression of happiness and joy. Laughter can increase positive emotions and can create healthy short-term changes in our body which has been shown to improve sleep, memory and stress. We all have different things that make us laugh such as people, videos, memories, films or theatre shows.

Can you remember the last time you laughed? Have a go at one or a couple of the tips below for this week.

- Find a video, picture or film that never fails to make you laugh.
- Can you think of a memory that made you laugh? This funny memory might have been with a friend, pet, or family member. Share the memory with a family member or friend and see if this makes you both laugh again.
- Find a person you find funny and create your own comedy show game. Prepare to do a silly dance, silly face or voice and see who can make the other laugh first.
- Read this article about laughter for teenagers with some tips:
<https://youthfirstinc.org/the-benefits-of-laughter/>

Key dates:

Walk to School Month

**2nd - Stress
Awareness 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: **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.