



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Movement

Being Active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood.

Try one, or both, of the below activities throughout the week:

1. Get your friends to play an energetic, but safe, game with you at break time to get you all moving
2. Start small - try to go for a couple of walks each week with friends/ family, or you could even try doing some exercise at home such as Yoga - there are loads of Youtube videos for home workouts/ Zumba/ Yoga which you have a go at
3. Try a new sport with friends and family

Key Dates this week:

9th Social Media
Kindness Day

13th World Kindness
Day

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSSStars 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.