



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

CHANGE

Similar to the weather changing as we move through the seasons, we all experience changes in our lives. These changes can feel fresh and exciting, but they can also make us feel anxious and out of our comfort zone. Whether it's starting a new school, making a new friend, trying a new hobby...change is all part of the learning process!

Progress is impossible without change.

Our tips for coping with change:

- 1- Look back through family photos and talk to an older family member about the changes they have experienced in their life and how they coped with them. What was life like when they were your age?
- 2- Think about changes you have coming up. How do you feel about them? Can you talk to someone who has been through these changes before? Is there anything you can do to prepare?
- 3- If you are worried about changes that are outside your control, make a list of activities to distract yourself, talk to someone you trust, and practise relaxation techniques to feel calmer.
- 4- Is there anything in your life you would like to change? Make a plan and have a go!
- 5- Plant some seeds/flowers in the garden and notice the changes as it grows!

#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.