



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Being Mindful

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or doing lots of things at once. When you're mindful, you're taking your time.

You are focusing in a relaxed, easy way.

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

1. 5 Senses Activity: The goal of this exercise is to practice being aware in the present moment. Notice five things that you can: **SEE, FEEL, HEAR, SMELL, TASTE**
2. Journalling can be a great way to practise writing and recording the thoughts and memories that mean a lot to you. Here are some ideas to help you get started:
 - What is your favourite memory? Write down as many details as you can remember.
 - What is one mistake you made today and what did you learn from it?
 - What are three things you're grateful for?
 - If you could spend one day doing anything you want, what would you do?
 - What is one thing that helps you when you're worried?

Key dates this week:
16th-20th Walk To School
Week
21st World Meditation
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.