



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Persistence

“Obstacles can’t stop you. Problems can’t stop you. Most of all, other people can’t stop you. The only one who stops you is yourself.”

Persistence is the act of continuing to do something even when facing difficulties. It describes how long we are able to stick at a task, manage frustration, and push through the challenges we encounter. Sometimes when we are trying to achieve a goal or learn something new, we find that we have setbacks. People who persist, keep going despite this and it shows great strength of character and determination.

“It’s not that I’m so smart. It’s just that I stay with problems longer.”

~Albert Einstein~

Tips for Persistence:

- Bottle flipping challenge – with your friends try to flip a bottle and get it to land standing up. See who can be the first to do this 3 times.
- Write down a time when you experienced a challenge and didn’t give up – reflect on what you learnt from this and how you felt when you finally achieved it.
- Set yourself a goal/ challenge and break it down into more manageable steps, after each step recognise how you overcame any challenges

Key dates:

10th - World Mental Health Day!

11th - International Day of the Girl Child

16th - World Food 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.