



# Mental Health in Schools Team Tips For Wellness



## Resilience

Resilience is our ability to cope with difficult life events and **bounce back** afterwards. Someone who is resilient faces tough situations head-on, experiencing the difficult times and emotions. They process these challenging times by working through difficult emotions, building trust in themselves and their ability to cope through hard times.

Follow the QR code to hear young people talking about what resilience means to them:



Follow the QR code to hear an Olympic athlete talk about overcoming hurdles and developing self-belief:



### Our tips for building resilience:

1. When faced with a difficult situation use the idea of the **'circle of control'** to help you see what you can and cannot change. Try to focus on things that you can change and let go of the things outside your control.



*Circle of control*

2. When building resilience, our **connections** with others can play a key part in increasing confidence to keep going. Think about the people in your life who you could go to if things are feeling tough. Create a **'network hand'** to help you identify trusted people in your life (one person for every finger). Can you take time today to talk with someone about a problem you are facing?

3. **Self-care** means doing things to look after ourselves and prioritising our mental and physical wellbeing. Can you think of activities that make you happy or relaxed? Some ideas include exercising, listening to music or being creative. Follow the QR code for other ideas:



*Self-care plan*

**In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.**

**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.**