MHST

Mental Health in Schools Team
Tips For Wellness

Relaxation

Relaxation is when our mind and body is free from stress and tension. Research has found that taking time regularly for relaxation can help us to think clearly, concentrate, sleep well, feel more confident and even boost our immune system!

Relaxation can look different for everyone and it can be helpful to try a few different relaxation techniques to see what works best for us.

Our Tips for Relaxation:

1- Try some **breathing exercises**, such as finger breathing or square breathing. Breathing exercises are great as you can do them in any place, at any time!

Puffer fish breathing

2- Practice **mindfulness** by taking a break away from any screens and devices. This could be going on a walk or being outside in nature. Try to use as many of your senses as possible, think about what you can see, hear, smell, touch and even taste!

3- Stretch it out, practice yoga to stretch out your muscles to relax and reduce tension. Try following the QR code for a yoga video!

Calming yoga stretches

4- Create a **calming space** at home where you can take time to yourself, you may also want to add blankets and some of your favourite things to make it more relaxing.

5- Stroking a pet has also been shown to increase our 'feel good hormone' and lower stress!

#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.