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MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

BE YOU

'Be yourself, everyone else is already taken' - Oscar Wilde

It is important to remember that we are all unique, we all have different talents, interests, dreams and fears. That is what makes you, YOU!

If we were all exactly the same, it would be boring, so remember that being you is always OK. By being you, it can increase your confidence in yourself and your ability to take on new challenges. How we feel about ourselves can change but there are activities we can do to help us embrace being unique.

Our tips for being you:

- 1-** Draw an outline of yourself and around it write all the things that make you, you. Think about your hobbies, interests, likes and dislikes, talents, favourite qualities etc.
- 2-** Ask your friends and family to write down on post-it notes what they think is great about you, and what your strengths are. Add your own post-it notes if you want to! Keep them in a box and pick one to read out when you need a reminder.
- 3-** Find out what you like. Spend time doing something that is important to you or makes you feel happy. Share this interest with a friend so they can get to know you better.
- 4-** Unfollow any accounts on social media that do not benefit you or make you feel good. Try to keep your social media as a positive platform!

#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.