RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

LAUGHTER

"Laughter is the shortest distance between two people" – Victor Borge

Our wellbeing benefits from laughing regularly, as it builds and strengthens social connections and can release stress. Laughter has short-term benefits as it can create physical changes in your body and soothes tension. It can also support us in the long term by improving our immune system, relieving pain and improving our self-esteem.

It can feel difficult to start laughing if you are feeling low, but a good place to begin is to remember what has made you laugh in the past!

Our tips for laughter:

1- Smiling is contagious, just like laughter. Try smiling more often, as it has a positive effect on you and the people around.

2- Share a laugh. Make a conscious effort to spend time with friends who make you laugh. Return the favour by sharing funny stories or jokes with those around you!

3- It can be difficult to know where to start, so try preparing to laugh. Create a collection of funny movies, tv shows, funny photos and videos for when you need a humour boost.

4- Try laughing yoga, which is prolonged voluntary laughter that is designed to create positive energy. It will feel forced at first, but it will eventually become spontaneous.

#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.