



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

CONNECTING

One way to feel connected is to identify with those who share the same interests, hobbies, passions and beliefs. This may be through attending social groups, with friends at school, sports and extra-curricular activities, employment, religious groups or events.

It is also possible to feel connected with people who you may not share similar interests with. When we feel seen, listened to and our opinions are considered, we feel a greater sense of belonging and connectedness.

How to feel connected

- 1- Asking questions to find out who shares similar interests with you (e.g. what is their favourite film or sport?)
- 2- Sit next to somebody new in class!
- 3- Share your favourite activity/hobby with a friend to enjoy together
- 4- Listen to others - paying attention to details can support the connection between two people
- 5- Reach out to somebody you may not have connected with for a while - send them a text!

Trying new things is a great way to discover interests we may have never known we had! There are bound to be other 'first timers' there, who may also be nervous.

#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.