



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

PERSISTENCE

Persistence allows you to overcome obstacles that you may face and helps you to stick with something challenging until you achieve your goals. Persistence is about having a growth mindset and believing that you can learn, grow and improve with effort and practise.

Our tips for persistence:

1- Practise positive self-talk. Often when faced with a challenge, we can be unkind to ourselves and talk negatively. We might tell ourselves we are “rubbish” or “hopeless”. Try to remind yourself about what you would tell a friend, if they told you they were finding something difficult. Practise giving the same advice to yourself:

*“I’m not good at this YET but I can get better”
“This is hard but if I keep trying I will get there eventually”*

2- Try a new hobby or sport. When we begin a new hobby, we may need to learn our craft and improve our skills. This is a great way to improve our persistence skills in a way that is also FUN!

3- Practise mindfulness. A good way to improve our mental wellbeing is by practising mindfulness. This involves us paying more attention to the present moment and the world around us; thinking about sounds and smells around us, what we can see, and how they make us feel. By being more aware, this can improve our mental wellbeing and enable us to improve skills such as being persistent.

#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.