



# RISE



# MHST

**Mental Health in Schools Team (MHST)**

**Tips For Wellness:**

## **STRENGTH**

Asking for help is not a sign of weakness but a sign of strength and courage.

Strength is not only connected to our physical ability and what we can do, we also have mental strength! When we talk about our mental strength, this is all about our resilience and how we can cope and overcome day to day tasks, challenges and goals.

**Our tips for being strong:**

- 1- Create a new goal** - challenge yourself to try and learn something new, remember it is always OK to ask for help if you need it!
- 2- Have a go at positive affirmations** by scanning the QR codes below. These are positive things we can say to ourselves each day to build our mental strength, resilience and mood. You could also create your own positive affirmations.
- 3- Build on your network around you.** Getting support from others around you can make stress or a new problem easier to manage, this could be talking to family, friends, teachers and support staff.



*Follow the QR codes for positive affirmations!*



#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.**