RISE MHST

Mental Health in Schools Team (MHST)
Tips For Wellness:

Christmas

By many, Christmas is thought of as a very happy time of year. But for some, Christmas can unfortunately be a really difficult time. It can bring up upsetting memories for people, can make people feel very overwhelmed, or people can feel lonely over the Christmas period.

Christmas is a time of giving. Giving does not necessarily mean gifts, 'giving' can be an act of kindness, even something as small as smiling at someone. 'Giving' to others has been proven to support mental wellbeing. Not only is it nice to be a 'receiver' of an act of kindness, but it also helps the 'giver'. Evidence has shown that people who carry out an act of kindness at least once a week are more likely to rate themselves as 'happy'. Being a 'receiver' makes us feel appreciated and valued. 'Giving' makes us feel rewarded, 'giving' also helps us to build social networks.

Try some of the below activities over the Christmas period:

1. Say thank you to someone, for something they've done for you
2. Phone a relative or friend who needs support or company
3. Ask a friend how they are and really listen to the answer
4. Go Christmas carolling!
5. Have a go at making your own Christmas present for someone from scratch
6. See how you could help out a charity
7. Arrange a day out for you and a friend or relative
8. Offer to help a relative with a job around the house (maybe theres something you could help your family with on Christmas Day!)

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: **cwptr.thankskids@nhs.net** and we'll do the rest!!

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.