

The logo for 'RISE' is in a bold, blue, sans-serif font. To the right of the text is a stylized sun icon with rays.The logo for 'MHST' is in a bold, blue, sans-serif font. To the right of the text are several colorful gears (yellow, purple, green) and a purple silhouette of a human head with a brain. Below the text is a yellow pencil with a purple eraser and a black tip.

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

#### Learning

When we hear the word 'learning' we sometimes only think of school work. However learning can come in many different forms and has been proven to support good mental health. Having a mind open to 'learning' can have great benefits for everyone, no matter what age we are. It can help us to: develop new skills or interests, increase our skills and knowledge in an area, challenge ourselves to meet a goal, meet people with similar interests and make new friends and explore new places. It also helps our wellbeing by: developing our self-confidence and self-esteem, focussing our mind to help us relax, boosting our mood through enjoyment, and by enabling us to express ourselves in new ways.

The possibilities of learning are endless... it might be learning to cook a recipe, learning to build something, learning to paint/ draw, trying out a new sport, learning facts about a topic, learn about mindfulness, etc.

#### Try one or both of the below activities throughout the week:

1. Think about something which you are interested in. How could you learn more about this interest? What activities might this involve - maybe it's reading about it, watching Youtube videos, just trying it out?! How might learning more about this topic be helpful to you?
2. Have you thought about what you would like to do as a job when you finish school? Maybe you can learn about what you would need to do to get into this job. Or maybe you can learn about different job options.

#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](mailto: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.