



Mental Health in Schools Team Tips For Wellness



13th November –
World Kindness
Day!

Strength

We all have a unique set of strengths and abilities that we can rely on to overcome challenges. Focusing on your strengths does not mean ignoring your weaknesses, but rather using your strengths to overcome them. This can also help you to build confidence, achieve your goals, and lead a more fulfilling life.

Kindness is a strength! **World Kindness Day** aims to acknowledge acts of kindness in the community, focusing on the positive power and influence this has. Regardless of our differences, kindness brings us together. Being kind to ourselves and others is a genuine strength that we possess, and it is important to remember how powerful it can be.

Our tips for strength:

1. **Appreciate your strength** – when you experience a difficult time, it's easy to forget how strong you are! Try and remember other times in your life when you've got through something challenging. Remember how strong you were to get through those circumstances and know you have the strength to get through other difficulties too.

2. To **practise kindness**, you could try...

Giving someone your time.

Listening to what others have to say.

Kindness can be choosing not to judge.

It can be a simple smile, or an understanding tone of voice.

Practise mindfulness.

Showing respect towards others.

2. Remind yourself **“all we can do is try our best”** and **“you are good enough”**.

3. As a class, have a go at playing **‘kindness bingo’** by following the QR code:



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.