



Mental Health in Schools Team Tips For Wellness



Get Outdoors

Spending time outdoors is great for your body and mind! It can improve your mood, reduce feelings of stress, improve your confidence, helps you to be more active and can reduce loneliness.

How to get outside more:

- 1. Take a Nature Walk**
Find a park, trail, or even your garden and take a walk. Look around for birds, trees, and flowers that you can spot. You could try taking photographs and share them with a friend.
- 2. Play a Sport or Game**
Whether it's football, netball or running, outdoor sports are a great way to get moving. They also help us develop our communication skills when we play as part of a team!
- 3. Do a Scavenger Hunt**
Make a list of things to find outside—like a particular leaf or a butterfly—and go on a hunt to find them!
- 4. Bring Your Hobby Outside**
Do you like drawing, reading, or listening to music? Try doing it outside! Find a comfy spot on the grass and enjoy your favourite activities in the fresh air.
- 5. Have a snack outside**
Try taking a snack outside and eating it while focusing on the food and what is going on around you.
- 6. Watch the Stars**
On a clear night, lie on a blanket and look up at the stars. You might even see a shooting star or spot constellations.
- 7. Meet up with a friend outside**

It can be helpful to get outdoors every day, even if only for a short time. You could try walking to a friend's house or to the shop instead of travelling by car or getting public transport. You could try to make getting outside part of your daily routine, whether it is riding a bike or sitting in a garden or park while you listen to music.

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.