MHST

Mental Health in Schools Team
Tips For Wellness

Mood Boosters

Our mood can change, and this is completely normal. You may notice that sometimes you are feeling more tired than usual, maybe stressed or experiencing difficulties with schoolwork or friendships. Situations like these may cause you to feel a bit low, it can be really helpful to talk about these things with an adult, or someone you trust.

Whilst it is normal to feel this way at times, there are things we can do to **boost** our mood and help us to feel happier. By doing more of the things we love and value, or 'doing more of what matters', we can boost our mood. This helps us to feel less tired, have an increased sense of achievement, feel better about ourselves and have some fun!

Our tips for boosting your mood:

1. Have a look at the **BBC Moodboosters** video resources by scanning the QR code. There are a selection of videos to try, you could do these with a friend/ family member, with your class, or by yourself. But most importantly, have fun!

BBC Moodboosters!

2. The **five ways to wellbeing -** can you challenge yourself to try one of these for each day over the next week! Watch the video on the QR code for more information.

o **Connect -** Reach out to a friend/family member, listen to music that reminds you of happy memories, look at old photographs, or arrange activities with friends.

o **Be Active –** Try different ways to get your body moving. You could dance, walk, skip, or hula hoop!

o **Take Notice -** Spend time outside appreciating nature, maybe on your way to school or practise mindfulness

o **Keep Learning -** Read a new book, watch a documentary, follow a new recipe, or learn a new language.

o **Give -** Give someone you love a hug, hold the door open for the person behind you, or give your time to help others.
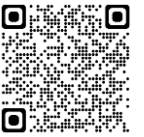
Five ways to wellbeing!

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.