



## Mental Health in Schools Team (MHST)

### Tips For Wellness:

## GIVING TO OTHERS

Giving to others has a positive effect on our mental wellbeing. When we do things for people in our lives, feel-good chemicals are released into our body which can increase our mood, self-esteem, and happiness. This also reduces stress. It can even help us live longer!

Giving means putting yourself in someone else's shoes, thinking about what they might need, and acting to help them in some way.

**Sometimes small things can be just as effective as big gestures. Try helping others for a week and see if it makes a difference to your own wellbeing**

- Holding a door open
- Smiling and saying hello
- Checking on someone who is alone
- Picking up something that someone has dropped
- Listening to someone who needs to talk
- Helping to do chores around the house
- Making a cup of tea



Five reasons for giving!

**Top Tip: Don't over-do it. Giving must start with yourself. You can only give your time and energy to others if you have enough left for yourself.**

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

**thankskids@covwarkpt.nhs.uk**

**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.**