



Mental Health in Schools Team Tips For Wellness

Challenge

Challenges are a normal part of life that we all face, no matter how big or small they are! Some of these challenges may be hard and we might need support to manage them, whereas others will be easier for us to manage by ourselves. All challenges push us outside of our comfort zone but help us to grow and learn new interests, more about the world and who we are!

By challenging ourselves, we learn that we can work towards a goal, overcome obstacles and be persistent even when something is difficult. A **growth mindset** can help us take on new challenges, as it builds our confidence to have a go at things, increases our self-esteem and encourages us to try again if it doesn't work out the first time!

Our top tips for challenging ourselves:

- 1. Set yourself some goals** you would like to reach this time next year (long term goals). Perhaps these can be things you've always wanted to do but never tried before. Break your goals down into medium-term goals and short-term goals (goals you can set to work towards the long-term goal in a few weeks or months).
- 2. Ask for help** when needed. Challenging ourselves is not about getting through difficult times alone...sometimes we need a helping hand and that is okay!
- 3. Push yourself out of your comfort zone** this week. You might want to try a new food, learn a new hobby, start a conversation with a different friend, or put your hand up in a lesson at school. Can you think of a **SMART goal** you would like to challenge yourself with this week? Follow the QR code to learn more about SMART goals:



- 4. Read books** with characters who overcome challenges. What strategies did the characters use to push through them? Follow the QR code to a list of books that help children face challenges:



#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.