



Mental Health in Schools Team Tips For Wellness



Rest

It is important to work hard, stay motivated and set goals to achieve in life. It is also important to not overwork yourself and get enough rest to help manage your stress and unwind so you can stay motivated and prevent burnout in the long run.

Rest is vital for your mental health as it can improve your concentration, memory, critical thinking, planning for the future, problem-solving, mood, immune system, reduce stress, and helps your body's metabolism and physical recovery.

Rest can be difficult to define because it can look different for everyone. It can be anything physical or mentally stimulating that improves wellbeing such as going for a walk, singing, drawing, cycling, playing games, watching TV/streaming, exercising, playing sports, reading, dancing, listening or creating music, writing, crafting, relaxing or anything else you enjoy!

Our Top Tips for Rest:

After you have done something important like studying, chores or homework, reward yourself by doing something enjoyable that helps you recharge.

Set aside enough time each day for hygiene. This can be showering, brushing teeth, washing hair. These regular activities can help you to relax.

Create a healthy sleep routine by avoiding caffeine or sugary drinks near bedtime, ensure you are warm and comfortable in bed and limit screentime.

Engage in some mindfulness or restful activity, such as meditation, reading, listening to calming music, podcasts or bedtime stories.

Use the QR code to download the Calm App, which has lots of meditations, soundscapes and stories.



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.