



## Mental Health in Schools Team Tips For Wellness



# Winter Wellness

Winter can be a challenging season for many things, but especially for our mental health.

You might have heard of the winter blues? It's true! The lack of sunlight impacts our vitamin D levels, which changes our mood and motivation levels. Therefore, it is important during the winter months that we take time to look after our bodies and minds and practise some self-care.

### Our tips for winter wellness:

1. **Make the most of the natural sunlight** - why don't you play outside with your friends during break or lunch time, or practice some mindfulness outside?
2. **Keep moving** - exercise is important to help boost our 'happy chemicals'. You could join an after-school club, do a yoga tutorial on YouTube or have a competition with your friends to see who can do the most star jumps!
3. **Stay connected** - make sure you reach out to friends, family and your teachers for a daily chat.
4. **Practise self-care** – you might want to spend the evening wrapped up warm with a blanket and hot drink, or you could get cosy and read a new book!
5. **Try to learn a new skill or hobby** over the winter – what activities could you do inside when the weather is colder? Maybe you could learn to bake or help your family with the cooking! You could learn to play a new instrument, practise mindfulness, try a craft activity or learn a new language. Ask a friend or family member if they would like to join in too!
6. Scan the QR code for more activity ideas to help keep you well during the winter:



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.**