

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

8th March - International Women's Day

RELAXATION

Relaxation is when our mind and body is free from stress and tension. When we are relaxed, endorphins (natural chemicals) are released, which can make us feel more positive and happy.

Research has found that when we are relaxed and we are able to think clearly, it also helps us to focus, concentrate, sleep better, feel more confident and even boost our immune system!

Our tips for relaxation:

1- Try some **breathing exercises**, such as finger breathing or bubble breathing.

Breathing exercises are great as you can do them in any place, at any time!

Follow the QR codes for video guides on these exercises.



Scan for finger breathing!

2- Practice **mindfulness** by taking a break away from any screens and devices, pay attention to your surroundings and go on a walk outside to de-stress! Use your senses to help you relax too, e.g., squeeze a stress ball or smell calming smells, such as lavender.



Try bubble breathing!

3- Listen to **music**! You could create a playlist with your favourite songs, or calming music, to listen to when you want to relax.

5- Create a **calming space** at home where you can take time to yourself, you may also want to add blankets and toys to make it more cosy!

#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.