



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

CONNECTING

Making a connection with other people can feel AMAZING! Connecting with others makes you feel like you belong, you are important and you are valued. Feeling a sense of belonging helps raise your self-esteem and is linked with increased mental health and wellbeing.

You can connect with people in lots of different ways. Try and connect with someone every day by using the tips below!

Our tips for connecting:

- 1-** Encourage others to join in with you at break time. If you see someone without a friend on the playground, ask them to join in with your game, or invite them into your conversation. You might even make a new friend!
- 2-** Give positive feedback to someone (e.g., say thank you when someone holds the door open for you or does something nice for you).
- 3-** Ask your parent/carer to help you contact a family member or friend. Remember you can connect virtually if they live far away (e.g., video chat or phone call).
- 4-** Try switching off the TV or phone for a short time while you're with your family or friends. This will help to strengthen your connections without distractions!
- 5-** You could also bake something delicious to share with others (e.g., family, neighbours, or friends).

#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.