RISE MHST

Mental Health in Schools Team (MHST) Tips For Wellness:

APPRECIATION

Showing appreciation not only has mental and physical benefits for the receiver, but also the person expressing gratitude. Therefore, appreciating the things and people around us can improve our wellbeing!
Benefits of showing appreciation include higher levels of happiness and optimism; improved sleep; less stress; improved ability to cope with difficulties; increased self-esteem; reduced depression; fewer physical problems; improved resilience.

Our tips for appreciation:

1- Daily gratitude reflection - at the end of the day, think of 3 things you are grateful for (no matter how big or small). You could share these with your family at the dinner table, or write them in a journal at bedtime. If you cannot think of 3 things, try just 1 to start with!

2- Jar of appreciation - whenever someone in your family appreciates something, write it down and put it in a jar. At the end of the week, sit down together and read what you are all grateful for in your life. This can help you connect and share appreciation!

3- Random acts of kindness - notice when you have been kind to others and celebrate this! Did you comfort a friend when they were feeling sad? Did you hold the door open for someone? You could write a card to a friend and tell them how much you appreciate them, bake cookies for your neighbour, or help your parent/carers at home to tidy the house!

4- Say thank you - using manners helps us to express our appreciation for others, which can also boost our own positive feelings.

#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.