



Mental Health in Schools Team Tips For Wellness



Trying New Things

If you never try, you'll never know!

It can be easy to stick to the things that we know and feel comfortable with. Unfamiliar situations can make us feel nervous and fearful. However, it can be beneficial to challenge and push ourselves out of our comfort zone at times.

Trying new things and learning new skills helps to boost our self-confidence, connect with others and build a sense of purpose, all of which have a positive impact on our well-being! It can even release a feel-good chemical in our brains called dopamine. The possibilities are endless when it comes to experiencing new things, and whether it is a big or small jump out of your comfort zone, you will be sure to notice the benefits.

Our tips for trying new things:

1. Look out for opportunities to join a new club or activity at your school. You could ask a friend to go with you, and you might even make a new friend at the same time!
2. Make an 'I can...' jar. Every time you learn a new skill or achieve a new goal, complete the sentence 'I can...' on a piece of paper and store them all in a jar of achievements. If you ever feel like there is something you cannot do, look back on all the amazing things you have achieved.
3. Create a list of all the new experiences you would like to try throughout your life. You can even get creative and make a vision board with images and pictures too.
4. Try a new food or meal this week (you might need to ask for help from a parent or carer at home).
5. Give a new hobby a go! You could try sewing, skateboarding, photography, or origami.
6. Keep an Adventure Diary - write down all the adventures you have experienced, all the times you pushed yourself out of your comfort zone and what you learned from the experience. You could also add photos, drawings or momentos.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars 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.