

RISE MHST

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

MOOD BOOSTERS

Everyone can feel low in mood sometimes – it's completely normal to feel this way! Feeling low in mood may mean that we don't want to do anything, we may want to spend more time inside or by ourselves.

However, it's important for us to do activities that bring us a sense of achievement, enjoyment and closeness to others and the world around us. By doing activities that matter to us, we can start to feel a bit better, which encourages us to do more!

At times, we may struggle to increase our mood on our own and may need to ask for support from a trusted adult, especially if we have been struggling for more than two weeks.



More about feeling low



Mood boost activities!

How can we boost our mood?

- 1- Sunshine can help us to feel happier! If you can, try to get outside for at least 30 minutes every day. You could go for a walk (remember to wrap up warm!), play in the garden, visit the park with your friends, or another outdoor activity!
- 2- Listen to your favourite music, watch a funny video, or ask someone to tell you a joke.
- 3- Spend time with someone who makes you feel good!
- 4- Talk to a trusted adult about how you are feeling. Remember, it is OK to feel this way!

#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.