



RISE MHST

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

BEING MINDFUL

Do you ever worry about the future and what might happen? Do you ever have lots of thoughts running through your mind? Or butterflies in your stomach and a racing heart? When we feel like this, it can be difficult to know what to do. These are normal symptoms of anxiety and can be helped by practicing **mindfulness**.

Mindfulness is about slowing down and noticing what is happening in that exact moment, inside and outside of your body. It helps us to let go of those buzzing thoughts and feelings, to focus on the 'now'.

Mindfulness can be great fun and can be done anywhere!

Our tips for being mindful:

- 1- Watch a mindfulness video and follow along! Try this one on YouTube:
- 2- Listen to your favourite song and notice how it makes you feel. What do you feel in your body? What instruments are playing?
- 3- Grab some paper and pens, and doodle away! Let your mind decide what you draw. How does the pen feel on the paper? What do the shapes and colours remind you of?
- 4- Get outside and take notice of nature around you. What shapes do the clouds make? Think about your **5 senses** and list 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.



More
mindfulness
activities!

#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.