



Mental Health in Schools Team Tips For Wellness



Embracing Change

We all experience change at some point in our lives. Changes may include transitioning to a new class, moving house or experiencing loss. Change can be exciting and positively impact our mental health, giving us opportunity to build resilience. However, sometimes we can find change difficult and scary, which can result in us feeling frustrated or anxious. It is ok and very normal to feel a range of different emotions about change.

If you are currently struggling with changes in your life, you may find the following tips helpful.

Our Top Tips For Embracing Change:

- 1. Look for the positives:** learning to accept that change is part of everyday life and looking for any positives can help you feel less overwhelmed and anxious about the situation. You may even find there is something you are looking forward to or a goal you would like to work towards.
- 2. Talk about it:** talking to people you trust, sharing how you feel and asking for help can provide you with support and a safe space to express yourself when you are experiencing change.
- 3. Keep a routine:** eating healthily, getting enough sleep and keeping up with regular activities can help create some consistency during a season of change. This can help you to feel more in control and boost your mood.
- 4. Be kind to yourself:** change can be difficult, so it is important to keep being kind to yourself by practising self-care. Scan the QR code to find out more about self-care:



Moving up to secondary school:

The transition from Year 6 to Year 7 is one that many young people find challenging. Scan the QR code to find resources and a video about moving up to secondary school you may find helpful:



#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.