



## Mental Health in Schools Team Tips For Wellness



# Be You

**‘Be who you are and say what you feel because those who mind don't matter and those who matter don't mind’ - Dr Seuss**

Being You is about being comfortable with who you are. Everyone has different talents, interests and dreams and it's important to remember that we are all unique. Exploring your own interests can help you develop a sense of identity, which is essential to building on your confidence.

### Our tips for ‘being you’:

- 1) Do something you love.** Make sure, at least once a day, you have some time set aside to do something you love. Whether that's reading, drawing, listening to music or playing sports, it's important to do things for yourself to improve your wellbeing.
- 2) Take time away from social media if you need to.** Try to keep your social media account a positive space that celebrates everyone's differences! If you need to take a step back from social media at times, that is okay.
- 3) Embrace what you enjoy and follow your interests.** Listen to the music you love and watch the TV shows and Films you love, even if your friends like to watch different things.
- 4) Positive Self-Talk.** It is normal to talk to ourselves in a negative way at times, instead, try to recognise and believe in your strengths and your abilities. Saying and doing kind things for yourself is an important part of ‘being you’.

**In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.**

**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.**