



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Appreciation

Appreciation is recognising and expressing enjoyment for the good qualities someone has. Recognising someone's worth can show them how grateful you are for them. The more appreciation we give, the more positive someone can feel.

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." – William Arthur Ward.

Tips for appreciation:

1. Say thank you to someone who has helped you or write a letter to someone you love and appreciate.
2. Write an appreciation letter to yourself by using positive affirmations, use this link to help you - <https://www.thedailyshifts.com/blog/gratitude-affirmations-to-feel-calm-happy-and-centered>

Key dates:

15th International Dot Day
16th National Teaching Assistants Day

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: **cwp-tr.thankskids@nhs.net** and we'll do the rest!!

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.