



# RISE



# MHST

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

## Be You!

We are all different. We all have different personalities, different abilities and we all look different too. You should always remember that it is OK to be yourself. If everyone was the same, the world would be a boring place!

Find out who you are! We all have our own likes and dislikes. We don't have to like what others like, and you don't have to copy what other people do if it's something that's not for you. Find out who you are; What do you enjoy doing? What is important to you? What makes you feel good?

Be yourself! There's no point in pretending to be someone you aren't because the best person you can be is... YOU!

*"Be yourself; everyone else is already taken" – Oscar Wilde*

### Try one, or all, of these activities:

- Think about what makes you different or unique. This could include things about your personality, abilities or activities which are important to you.
- Ask a friend "what makes you unique?" Remember to listen and respect their answer - it is likely to be different to yours - because we are all unique!
- Spend time doing things which are important to you or make you happy (art, games, sport etc.)

#### Key dates:

19th - Youth Mental Health Day

19 -25th International Week of Happiness At Work

19 -25th Jeans for Genes day

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars 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](mailto: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.