

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

GET OUTDOORS

15th May - Mental Health Awareness Week

Have you ever felt low and been told "you should try going for a walk, you will feel better"? Sometimes when we are feeling down or having an 'off day', the thought of going for a walk and getting outside can seem overwhelming.

However, evidence suggests that going for a walk *is* one of the best ways to reduce stress levels, balance our mood and help us to feel happier. Connecting with nature also exposes our body to more Vitamin D, which benefits our immune system too!

Our tips for getting outdoors:

- 1- Instead of travelling by car, why not try to get outside on your journey to school this week? You might choose to cycle, walk or even travel by scooter!
- 2- Dog walks are a great way to encourage us to get outside...if you don't have a dog of your own, you could ask a friend or family member to join their dog walk!
- 3- Meet up with friends for an outdoor activity, such as play in the park, a bike ride, playing football, or making a den in the woods! (Remember to ask an adult to help you arrange this).
- 4- Help an adult grow plants, flowers and vegetables in the garden!
- 5- Try mindfulness outside to clear your mind. Sit or lie down in the garden/ local park and start by observing the clouds for 2-3 minutes. Take notice of your breath in and out. Pay attention to what you can see, hear, and the sensations in your body. Be mindful of your thoughts.



More benefits of getting outdoors!



Learn more about nature and mental health!

#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.