



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

RESILIENCE

Resilience is our ability to **bounce back** from difficulties and adapt to challenging experiences. There are times when things will not go how we planned, so being resilient will help us keep going and try again. Resilience is not something we have, or do not have, we can all develop our resilience!

Our tips for being more resilient:

1- Practise saying these phrases about your work:

"I did better than I thought I would" instead of "I didn't do as well as I'd imagined"

"I pushed myself and worked hard" instead of "I could have worked harder"

"I took a chance and tried something new" instead of "I stuck to what I know"

"I listened to others' feedback" instead of "I kept going using my own approach"

"I asked for help when I needed it" instead of "I did not understand what I was supposed to be doing"

2- Ways you can be resilient:

-Take a positive perspective

-View challenges as learning opportunities

-Focus on the things you can control, instead of dwelling on the things you can't

#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.