Mental Health Support Team in Schools

Tips For Wellness

Thoughtfulness



Dimensions tool

Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

Being thoughtful is when you consider, or think about, how your actions and words will affect other people's feelings. Taking the time to make ourselves aware of the needs and feelings of others and then taking action to help them is great for our mental health; it helps reduce stress, improve friendships and creates a sense of belonging.

When we think about how others feel and show kindness, it makes us feel good inside and boosts our confidence!

Our tips for Thoughtfulness:

You can be thoughtful through small acts of kindness; it doesn't have to be a grand gesture! Here are some examples below:

- Smile at someone.
- Listen carefully when someone is talking—it shows you care about what they're saying.
- Give someone a nice compliment.
- Help out without being asked, like sharing your things or tidying up.
- Think about how others might feel before you act or say something.
- Hug someone you care about (e.g., parents/carers, family members or a friend).
- Hold the door open for the person behind you.
- Say kind things to others and try to cheer someone up if they're feeling sad.
- Say "thank you" and "please"—small words can make a big difference.
- Tell someone that they are important to you.

Scan the QR code for more information about the benefits of being kind and thoughtful to ourselves and others:

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.