



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Empathy

Empathy is the ability to step into the shoes of another person and understand what they are experiencing. Empathy is all about focusing on another person but it can also benefit you! Feeling and understanding the experiences of others bonds you to people in a deep and meaningful way, which nurtures our need for attachment and connection. When we empathise with others, we regulate our own emotions, which is a skill that allows us to de-stress. Research has even found that when we build our empathic abilities, we also build our skills at handling difficult situations, communicate more effectively and feel better understood.

Try one, or both, of the below activities throughout this week:

1. Think about an act of kindness you have done recently. How did it make you feel? How do you think it made the other person feel? How do you think you would feel if you had chosen to be unkind instead of kind?
2. Look out for someone who appears sad or worried, or just check in with someone anyway. Ask them how they are feeling and whether you can do anything to make them feel better.

Key dates this month:

Pride Month

Tourette's Awareness Month

8th National Best Friends Day

9th Empathy Day

10th Brake's Kids Walk

#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.