



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Transition

Transition is the processes of change. It can include anything from changing school, friendship groups, moving house or changes within your family. Over our lives, change is something that will continue to affect us all. It is natural to find transitions difficult or stressful and we can all feel this regardless of our age.

Tips to try for Transition:

1. **Healthy habits** – ensuring you eat, sleep and exercise well can have a huge impact on how you feel generally therefore, when you are experiencing a time of stress this is more important than ever.
2. **Keep to your routines** – as far as possible try to steady yourself in the day-to-day things that are familiar and the activities you enjoy. Keep attending your favourite sports club, walking the dog every morning, or visiting your grandparents every Saturday. Even if your routines can feel more difficult to keep to, this will help reassure your worried brain that not everything is changing.
3. **Seek support** – everyone needs help sometimes. Think of the people in your life who you can talk to, friends, family, someone at school? Write down the worries or questions you have about the changes going on and find a time where you can talk to someone about these. They may not have all the answers or even say the right things, but the process of you thinking and talking about your worries with someone else can help you to think clearly about what is going on and learn to accept that change is happening, which can be far more helpful than denial or resistance

Key Dates this month:

Pride Month

Tourette's Awareness
Month

#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 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.