



# RISE

# MHST

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

### Being Active

Finding ways to be active has positive benefits for not just your physical health but also your mental health. This doesn't have to be playing a sport, it could be something simple including playing in your garden or choosing to walk either part of or the whole way to and from school!

Regularly participating in physical activity helps to boost our self-esteem, it can also increase our concentration levels and have a positive impact on sleep.

#### Tips for being active:

- Try and get into a routine of doing something active each day, think about what activities you enjoy doing! Could you do them with a friend or family member?
- Be creative! Think about new activities you can try both outdoors and indoors.
- Try to limit your time sitting down by going for a walk, you could make a walking playlist or listen to a podcast

<https://www.manchestermind.org/be-active/>

#### Key dates:

**29th -Thank You  
#Hiddenheroesday**

**30th - World's Biggest Coffee  
Morning (Macmillan)**

#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.