



# RISE MHST

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

### Bouncing Back

When a bouncy ball reaches the floor it bounces back! A word we often use for being able to 'emotionally' bounce back is 'resilience'. Resilience it's our ability to bounce back (keep going) after tough times.

Some people just seem to bounce back right away, but the truth is none of us are born with or without an ability to bounce back, but the good news is it is a skill we can learn!

#### Tips for bouncing back:

- Spend quality time with family and friends, perhaps try a new activity which everyone can enjoy.
- Take deep breaths and count to ten
- Write or draw a list of all the people that care about you.
- Listen to your favourite music playlist.
- Eat well, drink enough water, and get enough sleep and rest
- Do some exercises you enjoy
- Think of all the positives you have in your life

**Movember –  
Men's Health  
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: **cwptr.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.**