



Mental Health in Schools Team Tips For Wellness



10th October –
World Mental
Health Day!

Caring

'Sometimes it only takes one act of kindness and caring to change a person's life' – Jackie Chan

Caring is about looking after the needs of yourself and others. It can include kindness, compassion, love, support and thoughtfulness. Taking time to care for ourselves, sometimes termed '**self-care**' can help us to increase our resilience and sense of self-worth. Allowing yourself time to engage in activities you enjoy and make you feel good, along with recognising unkind thoughts and trying to replace these with kinder thoughts can be part of caring for yourself.

Caring for others can help us feel connected, purposeful, and close to those we care for. It can therefore be very positive for our mental wellbeing. Can you think of a way you've shown care for someone this week?

Everyday millions of people in the UK give additional care to people they know through helping with everyday living tasks. **Young Carers** may also be responsible for looking after younger brothers and sisters and doing household chores. If you are, or you support a Young Carer, you can find local carers support by following the QR code:



Warwickshire Young
Carers Project

Our tips for being caring:

1. **Caring Chain** - children could write down an act of caring they can do for another person or for themselves on a strip of paper. Create a paper chain with each of these strips, by folding and linking them together. This can then be displayed in the classroom and pupils can be encouraged to give a new act of caring a go each week.
2. Try to identify 3 ways you have been caring towards yourself and 3 ways you have been caring towards others. Then, set a goal for another caring act you can carry out over the following week.
3. Take time to practise self-care! Follow the QR code for some ideas of how you could be kinder to yourself:



Self-care ideas!

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.