



Mental Health in Schools Team Tips For Wellness



Be active

Moving our body every day can boost self-esteem, improve quality of sleep, contribute to better social skills and reduce feelings of anxiety. When we feel anxious, our bodies can experience the 'fight, flight, freeze' response. Our hearts beat faster, we sweat more, and our muscles tense; physical activity can help release these feelings!

Our brain also releases chemicals when we exercise, called endorphins, that make us feel good. Even just 10 minutes of fast walking can contribute to mental alertness, increased energy and positive mood.

Being active may be new to you, or you may already exercise regularly. Try to find an activity that you want to do, and you find enjoyable. It's okay if you aren't sure what this is yet, have a go at experimenting and why not start by checking out our ideas for being active below?

Our tips for being active:

1. **Add extra movement to your regular routine** – Can you change the way you travel to school? Could you walk or cycle to your friend's house, instead of travelling by car? If you need to use the car, think about parking further away to get some extra steps in!
2. You could engage in the '**Daily Mile**' as a class or whole school! This involves heading outside to run, wheel or walk around the school grounds for 15-minutes every day, at whatever pace suits you.
3. **Try a new sport or activity** – This is a great way to improve your sporting ability, but also an opportunity to make new friends and feel part of a team.
4. **Dance to music** - Whilst it can be a good idea to join a sports club if you enjoy this type of activity, we can still be active whilst listening to music and having fun! You could dance to your favourite playlist whilst you are tidying your bedroom or helping your parents/carers around the house...you might even forget you are doing chores too!
5. **Get outdoors** and move your body in the fresh air. If the weather is cold or rainy, why not try Zumba, hula hooping, skipping, or yoga.

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.