



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

BOUNCING BACK

Bouncing back is all about 'having another go' after we are faced with challenges, this is also called **resilience!** We will all need to bounce back at times, so it is important to maintain a growth mindset and practise how we can be more resilient.

Our tips for bouncing back:

1- Watch this short video on 'bouncebackability' and how to build resilience. Scan the QR code to load the video and other lesson resources.



2- Practise **problem solving** as a strategy to overcome practical difficulties and help you bounce back! Follow the steps below:

1. What is the problem?
2. How does it make you feel?
3. What are the possible solutions?
4. What are the positives and negatives of each solution?
5. Select the best solution and make a plan to try out!

3- Think about a time when you have faced a challenge in the past...how did you overcome it? Would you do anything differently if you came across the same challenge again? You could discuss this with a friend to share ideas.

4- Build your **support network**. Having people that you trust around you through difficult times can help you to bounce back! Try to share how you are feeling with friends, family, teachers and other trusted adults in your life.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

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.