



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Rest

The pace of life and demands of work can place rest at the bottom of our priority list. Holistic rest focuses on refreshing our whole self, both physically and psychologically. It encourages us to regularly top up our energy tank in different areas of our lives. There are many different types of rest. Body, heart, mind, soul, connectivity, senses. Daily rest can help you to; improve mood, decrease blood pressure, provide chronic pain relief, improve immune health increase strength of the cardiovascular system, improve critical thinking, increase empathy and compassion, improve the ability to dream for the future, improve problem-solving skills, provide space for fresh creativity.

Try the tips below:

- Create and maintain a consistent bedtime routine
- Eat dinner at a similar time every night
- Stay away from caffeine such as fizzy drinks at least 4 hours before bed
- Avoid screen time or blue lights at least an hour before sleep

Useful links:

<https://www.mentalhealth.org.uk/sites/default/files/ENGLISH.%20Rethinking%20Rest.pdf>

Sleep Problems | Signs of Sleep Problems | YoungMinds

Key Dates this month:

Pride Month

Tourette's Awareness Month

20th – 26th World Wellbeing Week

20th-24th National School Sport Week

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSSStars 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.