MHST

Mental Health in Schools Team
Tips For Wellness

Sleep & Rest

Getting enough sleep and making time to rest is so important for our bodies and brains. Sleep helps our bodies in being able to repair and regenerate, gives us energy and supports motivation. It helps our brains with cognitive function, learning and problem solving. It also improves memory and concentration and is vital for our mental wellbeing in regulating our emotions and mood.

It is also important to find time to rest, to take some time out of our busy day to stop, take a break and do something that promotes our wellbeing!

Our tips for sleep and rest:

We all have a morning routine that helps us get ready for the day! Let's think about a night-time routine to help us wind-down and get ready for a good night's sleep.

Routine - Aim to go to sleep and wake up at the same time each day and try to follow your night-time routine in the same order each evening too. Having a good routine helps to regulate our body clock and supports the production of the sleep hormone melatonin, which helps us to feel sleepy

Environment - Dim the lights an hour before bed. Keep the room dark, if possible, try using an eye mask or black out blinds. A cool bedroom and slight drop in body temperature can help us to go to sleep. Think about reducing distractions, the blue light emitted by our TV's, consoles, phones and iPads can trick our brains into thinking it is daytime, turn on night mode and turn off tech at least an hour before bed.

Calming - Create a cosy, calm bedroom, snuggle up with a soft blanket or favourite cuddly toy. Avoid caffeine and fizzy drinks, maybe have a warm milky drink or herbal tea. Listen to calming music, read a book or try some mindfulness colouring to help wind-down.

Relax - Take a warm bubble bath or shower before bed, this can help our bodies to relax. Meditation, gentle yoga, breathing exercises and progressive muscle relaxation are great ways to relax too. Try the relaxing body scan video below.

Rest – Mindfulness breaks help us to rest and recharge within busy schedules. Having a movement break can help if you have been sitting for a long time. Look away from screens for a few moments. Maybe have break/lunch outside or take a walk in nature. Take time to focus on your breathing or try meditation. Taking regular short breaks can support concentration, boost our creativity and reduce stress!

 More sleep tips and information!

 Body scan video

#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.