



Mental Health in Schools Team Tips For Wellness



Persistence

Persistence is a fancy way of describing our ability to stick with something until we achieve what we want to do and continue even if it doesn't quite work the first time. In fact, sometimes when things don't go as planned, it can help us learn what we do need to do.

Some people say that **FAIL** is the **F**irst **A**ction **I**n **L**earning and that mistakes are needed to help us work out what went wrong and where we need to go next. Persistence helps us to believe in ourselves and see that we can learn and grow!

Many famous faces we know and love had to show persistence to get where they are today...did you know? The 'Harry Potter' author, J.K. Rowling, had her first book rejected 12 times before it became published!

Our tips for persistence:

1. **The power of the word 'yet'** – when we are trying to persist at something we really want to do, we may have automatic thoughts that pop into our mind and make us believe we can't do it. Next time this happens, try adding 'yet' onto the end of your thought. For example, '**I can't do this...YET!**'
2. **Trying something new!** The best way of learning persistence is to try something new; it could be a new sport you are interested in, or a hobby you would like to try out. It takes time and practice to develop new skills, just like persistence, and hopefully you have some fun too!
3. **Reflect** on the journey you took when you learnt a new skill - you could try keeping a diary or a journal as your skill develops, so you can see the steps you took to get there. This can help you to see how you persisted when things were feeling a bit harder. Being able to see your improvement from the beginning is also a powerful way of encouraging you to persist in the future!
4. **Create an achievement jar** - when you have achieved something that you really wanted to do and tried hard at, write it on paper and put it in the jar. On days where you feel like things are difficult, take one of the achievements out and remind yourself of how far you have come!

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.