



Mental Health in Schools Team Tips For Wellness



Gratitude

Gratitude is the act of looking for things that make us feel happy and being thankful for them. For example, saying “thank you” to someone who did an act of kindness such as holding a door open for you, or telling your friend that you’re happy they make you laugh and tell you funny jokes.

We can also be thankful to ourselves. We all have different skills and talents which bring us joy. What is yours? It might be skateboarding, cooking, sport or dancing. Whatever your skill or talent is, be thankful for it!

“Joy is the simplest form of gratitude.” – Karl Barth

Notice the good in your life - practise gratitude

Look around, can you see something that makes you feel happy? For example, your best friend’s smiling face. **Listen**, can you hear something that makes you feel happy? For example, music that makes you want to dance.

Being thankful for the good things in your life can improve your wellbeing and reduce feelings of frustration. It gives you the chance to reflect on the good things you have accomplished and have a more positive mindset.

Each day this week, try and notice three people/places/things that you are thankful for. Write these down on your phone or a notepad to be able to look back on and appreciate the positive aspects of your week.

Express gratitude

Show your appreciation to someone who did something nice. Say: “It was really kind of you to...”, “It really helped me out when you...”

Tell the people in your life how you feel and what they mean to you. This can be as simple as “Mum, good dinner. Thanks!”

Scan the QR code for lots of other ideas around gratitude activities:



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.