

# A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

 <p><b>A</b></p> <p><b>ASK FOR HELP</b> You are not alone, so reach out and ask for help</p>	 <p><b>B</b></p> <p><b>BREATHE</b> Focus on your breath to find a sense of calm</p>	 <p><b>C</b></p> <p><b>CONNECT</b> Connect with friends, family and trusted adults</p>	 <p><b>D</b></p> <p><b>DETOX</b> Unplug from social media and other distractions</p>	 <p><b>E</b></p> <p><b>EMOTIONS</b> Observe how you feel and label your emotions</p>	 <p><b>F</b></p> <p><b>FIND SAFE PLACE</b> Go to a place where you feel safe and at ease</p>
 <p><b>G</b></p> <p><b>GRATITUDE</b> Focus on the things you're grateful for</p>	 <p><b>H</b></p> <p><b>HEALTHY HABITS</b> Create a balanced routine with healthy habits</p>	 <p><b>I</b></p> <p><b>INQUIRE</b> Pause and ask yourself, 'how do I feel right now?'</p>	 <p><b>J</b></p> <p><b>JOURNAL</b> Use a journal to express your thoughts and feelings</p>	 <p><b>K</b></p> <p><b>KINDNESS</b> Be kind and compassionate to yourself and others</p>	 <p><b>L</b></p> <p><b>LET GO!</b> Feel more energised, by moving your body</p>
 <p><b>M</b></p> <p><b>MEMORIES</b> Visualise three things you are proud of</p>	 <p><b>N</b></p> <p><b>NATURE</b> Improve your mood by exploring the great outdoors</p>	 <p><b>O</b></p> <p><b>OPENNESS</b> Be open to new activities and notice what happens</p>	 <p><b>P</b></p> <p><b>PATIENCE</b> It's okay to not be okay, so give yourself time</p>	 <p><b>Q</b></p> <p><b>QUIET</b> Take quiet moments every day to reflect</p>	 <p><b>R</b></p> <p><b>REST</b> Be mindful, rest often and get plenty of sleep</p>
 <p><b>S</b></p> <p><b>SUPERHERO</b> Stand in the Superhero Pose for two minutes every day</p>	 <p><b>T</b></p> <p><b>THOUGHTS</b> Track your thoughts in a journal, and notice any themes</p>	 <p><b>U</b></p> <p><b>UNIQUE</b> You are unique, and so is your mental health</p>	 <p><b>V</b></p> <p><b>VOLUNTEER</b> Boost your self-esteem by giving back to others</p>	 <p><b>W</b></p> <p><b>WORRY TIME</b> Schedule 'worry time' to help solve practical worries</p>	 <p><b>X</b></p> <p><b>EXCITEMENT</b> Do more of the things that bring you joy and excitement</p>
 <p><b>Y</b></p> <p><b>YOU MATTER!</b> You are important and your feelings matter</p>	 <p><b>Z</b></p> <p><b>ZEN</b> Practise calming activities like yoga and meditation</p>	<h2>IN-SCHOOL SUPPORT:</h2> <ul style="list-style-type: none"><li>• Drop-in and booked sessions with Wellbeing and Mental Health Lead</li><li>• Service and Young Carers drop-in sessions</li><li>• Chaplain and Counselling services in school</li><li>• Drawing and Talking, and Emotional Logic Therapy</li><li>• Booked Therapy Dog Walking sessions with DSL</li><li>• Staff and student-led mentoring sessions, including one-to-one support</li><li>• Bereavement and personalised sessions as needed</li><li>• LGBTQ+ support</li><li>• Bullying Ambassador programme and lunchtime drop-ins</li></ul>			