



NHS

Tees, Esk and Wear Valleys
NHS Foundation Trust

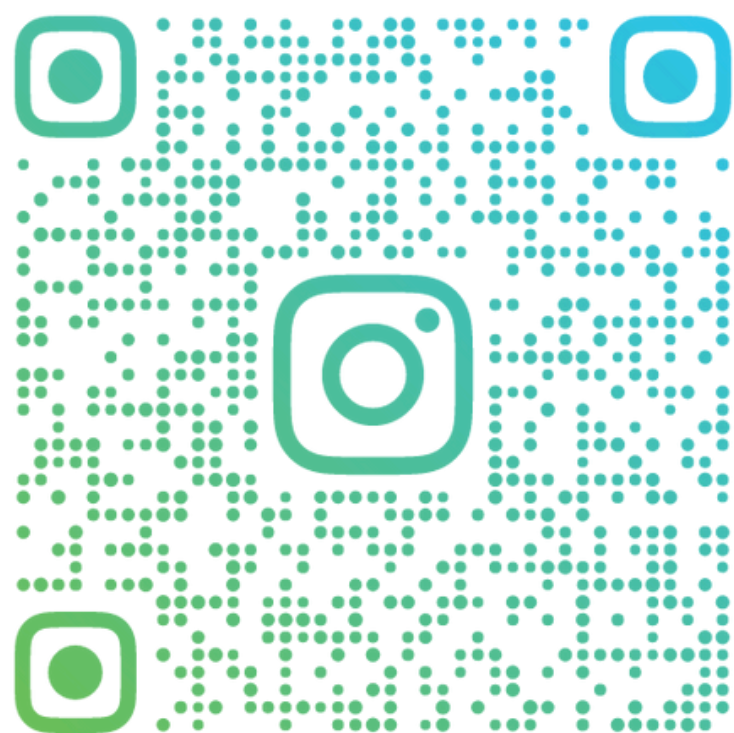
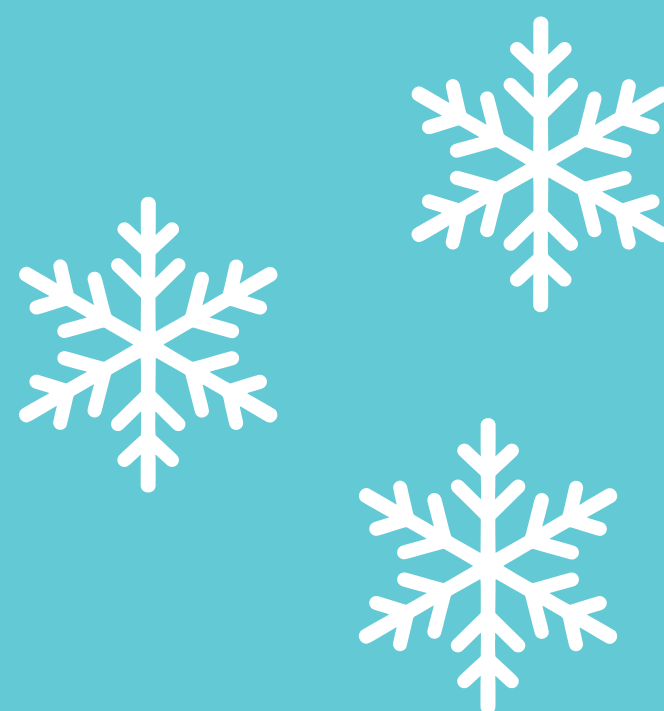
OVER THE FIRST HALF OF THIS YEAR THE WELLBEING IN MIND TEAM HAVE BEEN INVOLVED IN LOTS OF ACTIVITIES ACROSS THE SCHOOL TO SUPPORT PUPILS AND TEACHERS WITH THEIR WELLBEING

THIS INCLUDES GROUPS TO SUPPORT:

- FRIENDSHIP DEVELOPMENT
- UNDERSTANDING OUR SENSORY PREFERENCES
- EXAM WORRIES

YOU MAY HAVE ALSO SEEN THE TEAM AT:

- PARENTS EVENINGS
- Y6 OPEN EVENING
- Y10/11 GCSE PREP EVENING



YOU CAN FOLLOW THE WELLBEING IN MIND TEAM ON INSTAGRAM FOR MORE HINTS AND TIPS
[@WELLBEINGINMIND.MHST](https://www.instagram.com/wellbeinginmind.mhst)

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WINTER WELLBEING TIPS:

- TAKE TIME TO DECOMPRESS – MAKE SURE TO TAKE CARE OF YOURSELF. WINTER CAN BE A CHALLENGING TIME DUE TO WEATHER, SOCIAL COMMITMENTS AND MANY OTHER REASONS. TIME RESTING IS TIME WELL SPENT.

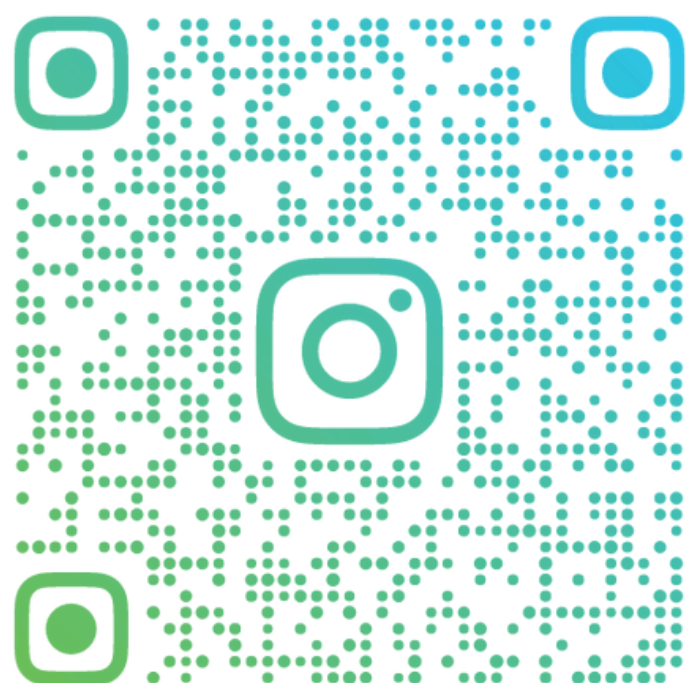


- ENJOY THE LITTLE THINGS – TRY NOT TO PUT TOO MUCH PRESSURE ON YOURSELF AND TAKE PLEASURE FROM THE LITTLE THINGS THAT MIGHT MAKE YOU HAPPY THROUGHOUT THE DAY

- STAY CONNECTED – TRY TO SEE OR SPEAK TO FRIENDS OF LOVED ONES. EVEN A PHONE CALL OR QUICK VISIT CAN REALLY IMPROVE YOUR MOOD.



- STAY ACTIVE – DARKER NIGHTS WILL MAKE YOU FEEL MORE LETHARGIC BUT BEING ACTIVE CAN MAKE YOU FEEL MORE ENERGETIC



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