



# Mental Health in Schools Team Tips For Wellness

## Positivity

***“Every day may not be good, but there is something good in every day.”*** - Alice Morse Earle.

Positivity means focusing on the good things in life, even when things get tough. It’s about thinking and acting in a way that makes you feel happy and hopeful. Being positive can help you feel better, solve problems, and have a more joyful life.

### Our tips for practising positivity:

- **Focus on the good** – Look for the positive in every situation. Every day, there is always something positive.
- **Use positive words** – Try saying things like “I can do this” or “I’ll keep trying and I will get there”.
- **Be kind to yourself** – Don’t be too hard on yourself. Try to remind yourself that you are trying your best. Celebrate any small successes!
- **Practise gratitude** – Think about three things that you are thankful for each day. It could be something as simple as a sunny day or a friend saying something nice to you.
- **Spend time with positive people.**
- **Find something you enjoy** – Whether it is a hobby, sport, quality time with friends and family, or watching your favourite TV programme, doing something you love can bring you joy.
- **Try using positive affirmations** – Tell yourself one positive thing every day, like “I am enough” or “I am trying my best”.
- **Help others** – Helping someone else, even in a small way, can make you feel good about yourself too.
- **Keep a positive journal** – Write down things that you are proud of or moments that made you smile.

### Positivity makes a big difference!

When you practise positivity, you start seeing the world in a brighter way. You can face challenges with confidence and believe in yourself.

Positivity is also contagious — when you’re positive, you inspire others to be positive too!

**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.**