



**Mental Health Support Team in
Schools**

Tips For Wellness Change



Dimensions tool



Free online personalised self-care
information & support for adults and
children in Coventry & Warwickshire

Changes are a normal part of our lives and they affect us all in different ways. Some changes may feel small to you, but big to another person, and the opposite for a different change. For example, moving to a new class or school, moving homes, or starting a new club. They can feel exciting, but they can also feel overwhelming and stressful, especially when they are unexpected. Below are some tips to help you cope with changes that may feel hard for you.

Our tips for coping with change:

1 – Keep doing things you enjoy!

When we feel stressed or worried, it can be easy for us to focus on the worries all the time and forget to do the things that make us happy. Make sure to plan in time at the weekends and evenings to do things you enjoy to help you relax and boost your mood!

2 – Think about what you can control

When a change is unexpected or overwhelming, we can feel a bit like we have no control over the situation or how it is making us feel. It can be helpful to think about what you do have control over in this situation. For example, we can't control how the change makes us feel but we can control how we react to the situation and what we do following the change. Such as, staying connected with our friends and family, keeping to our daily routines, and planning ahead where we can.

3 – Look for the positives

While change can feel hard, there's often something good that comes from it, even if it is not immediately obvious. Such as, new opportunities, new people or learning experiences. You might even surprise yourself and enjoy the change!

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.