Mental Health Support Team in Schools

Dimensions tool

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

Tips For Wellness

Strength

Each of us has a unique set of strengths and abilities that help us face life's challenges. Focusing on your strengths doesn't mean ignoring your weaknesses — it means using what you're naturally good at to help you grow, build confidence, and work through tough times. In doing so, you move closer to living a more fulfilling and resilient life.

Our Tips for strength:

1. **Appreciate your strength** – when you experience a difficult time, it's easy to forget how strong you are! Try and remember other times in your life when you've got through something challenging. Remember how strong you were to get through those circumstances and know you have the strength to get through other difficulties too.
2. Remind yourself **"all we can do is try our best"** and **"you are good enough".**
3. Being kind to others can help build our own strength as well as others! As a class, have a go at playing **'kindness bingo'** by following the QR code:
4. **Take Time to Rest and Recharge** - your mind needs breaks just like your body. Take a few quiet minutes to breathe, read, draw, or go outside. That helps your brain feel strong and calm.
5. **Ask for Help When You Need It** - being strong doesn't mean doing everything alone. It's *smart and brave* to ask for help — that's how we grow and learn!

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.