



Mental Health in Schools Team Tips For Wellness



Setting Goals

'Setting goals is the first step in turning the invisible into the visible.'

Goal setting allows us to take control over the direction of our lives and it gives us something to focus on. By setting new challenges and pushing ourselves to do something outside our comfort zone, we are also boosting our self-esteem, which motivates us to keep trying new things!

Our tips for setting goals:

1. Make sure you set **SMART** goals
 - Specific** – is your goal clear and well-defined?
 - Measurable** – how will you know when you have reached your goal?
 - Achievable** – are you able to do your goal?
 - Realistic** – is the goal relevant to your life and within reach?
 - Time-based** – when do you want to have achieved your goal by?
2. Create a list of the steps you can take to help you achieve your main goal. Steps can be as big or small as you like!
3. Use a reward chart to celebrate the steps you take to achieving your goal. You could ask your teacher or parent/carer to help you set these rewards. Remember, rewards can include things such as, 'choose my favourite dinner', 'watch a movie with a sibling', 'listen to my favourite music in the car'.
4. Keep a record of the progress you make and reflect on how far you have come!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

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.