

Building healthy habits in 2022 toolkit

With the start of the new year, there will be lots of talk about new year's resolutions. Whether it's taking up a new hobby, getting fit or eating healthier, our resolutions can often start off strong but may become difficult to sustain as the year goes on.

With this toolkit, we want to help you and your students develop healthy habits around mental health and wellbeing that you can continue all year long.

We're sharing tools and activities full of simple wellbeing strategies that will help develop good mental health habits in young people and adults – for a happier, healthier 2022.

Resources for students

Self-care resource for secondary students – Anna Freud Centre

Practising self-care is a really important skill for young people to develop to support their own wellbeing. This self-care plan helps young people identify activities that they can use to support their mental health all year round.

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Anna Freud
National Centre for
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Reset and rewind: rap therapy videos – Channel 4

In this series of short animated films from Channel 4, MCs, rappers and lyricists share useful mental health advice for young people on topics including mindfulness and sleep.

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Wellbeing action plan – Charlie Waller Trust

A booklet for young people to complete to help improve their wellbeing and to refer to in times of distress.

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We all have mental health animation – Anna Freud Centre

This animation aims to give young people a better understanding of mental health self-care, and consistent and accessible language to talk about mental health.

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My staying on track plan – Birmingham City Council

A tool young people could use throughout the year, ensuring they have a system in place for when these difficult feelings become overwhelming.

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Resources for staff

Reframing thoughts activity for education staff – Mentally Healthy Schools

Being able to reframe negative thoughts is a really useful tool to help us reduce feelings of distress or anxiety. If you find that you are often thinking negatively at work, using this tool can help to build a habit of reframing those thoughts.

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Managing anxiety - Education Support

Tips and practical calming strategies for education staff who may struggle with anxiety at work.

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Education staff wellbeing charter – Department for Education

This charter is a way for schools to demonstrate their commitment to the wellbeing and mental health of everyone working in education. You could present and discuss this in your first staff meeting of the new academic year.

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