

Emotional well-being for young people: How are you doing?

It is ok to be finding the current situation of lockdown difficult. You are not alone.

Some people will be dealing with it by keeping very busy, distracting themselves with lots of activities and aims. Some people will be the opposite. Everyone is different and it depends what works for you. There is no right or wrong as long as you are trying to do what leads to comfortable feelings. You do not have to be productive right now.

Check in on your basics

Do a check in with yourself. You can give yourself the best chance of ensuring good physical and mental well-being by making sure that you are doing the basics.

Are you.....

Getting enough sleep: 8-10 hours for 12-18 year olds, 7-9 hours for 18 years plus.

Eating well: 3 meals a day including a breakfast. Having vegetables and fruit every day and avoiding unhealthy snacks.

Being active physically: Around 30 minutes of physical activity a day.

Being active mentally: Reading, doing homework, learning something, doing something that requires you to concentrate and complete a task.

Connecting with people: Communicating with people each day for a chat.

Relaxing: Taking time to do nothing, to not be productive but to relax and feel calm.

Ask yourself....

What am I doing well? Recognise what you are doing well, no matter how big or small and acknowledge this. Be proud of what you are already doing well.

What could I improve on? Be honest with yourself. Which area/s are you not doing so well in right now? Which area do you think would help to improve your well-being the most?

Make a goal from this area that you can aim to achieve over the coming days/weeks. Make it a small and achievable goal and turn it into an 'I can' message. For e.g. I can ensure that I eat breakfast each day. I can focus on following a good bedtime routine to help my sleep. I can do a 30 minute You Tube exercise video.

Only pick one target and focus on this. Once you feel that you have completed this and that it is now a habit to continue make sure to reward yourself with a treat and feel proud of yourself before you choose another target from another area to focus on.

If you would like to talk to the Swansea Mind Young Person Worker:

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