

Emotional well-being for young people: Gratitude and planning

As we continue to socially distance to help ourselves and others stay safe it is only natural to miss many things that we would normally be doing.

How are you feeling?

Do an emotional check in with yourself. What words describe how you are feeling right now? Are they comfortable feelings that are nice to feel or uncomfortable feelings that are not nice to feel?

It is ok to not be ok.

It is completely understandable to be feeling uncomfortable feelings right now, like uncertainty, worry, concern, frustration and fear.

You are not alone, share your feelings with someone.

Reframe your thinking:

It is easy to focus on the negative things going in your life.

Do the following task to help you to reframe your thinking:



What I am grateful to have in my life now:

Consider the things that you have in your life right now that you are grateful for. Highlight these things and acknowledge that you are fortunate to have them. Think about the big things and the small things, the people in your life, your attributes as well as material possessions. Create 'I have' messages from this.

E.g. I am grateful that I have a good sense of humour. I am grateful I have my phone to connect with my friends. I am grateful I have a family member that I can talk to about my worries. I am grateful that I have time to create music/art..

What I will be grateful for in the future:

Instead of focusing on all the things that you are not able to do right now, reframe your thinking to looking forward to and appreciating these things in the future. Create 'I can' messages from these.

E.g. I will be grateful that I can go to school and see my friends. I will be grateful that I can go to the cinema. I will be grateful that I can go back to my sports team.

It is ok to find this time difficult, but remember, it will end.

This is temporary.

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

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