

Emotional well-being for young people: Sharing your feelings and thoughts

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.

How to share your feelings:

Make sure that you give yourself the best chance to share successfully.

Ask yourself the following questions:

Why do you want to talk?

Consider the reason you want to talk to someone. Do you want advice? Are you hoping for support? Do you simply want someone to listen to you so you can get things off your chest?

For you to feel that you have gotten what you want out of the talk, you need to make sure that you know yourself first!

Knowing what you want will help you make the best decisions with following questions:

- **Who can you talk to?** Choose someone you can trust and that you know will listen to you. Tell them that you would like to talk to them today and ask them what time would be best so that you can have their full attention and won't get interrupted. Check out the numbers below if you would rather talk to someone that you don't know.
- **How can you communicate?** You may not be able to talk face to face right now, so can you video call? Some people prefer to write things down so they can plan what they say carefully. If this is you then consider whether it would be better to write a note or a text, an email or a message?
- **What you say!** Remember, you can choose what to share and what not to share.

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

Email: youngpeople@swanseamind.org.uk

Text/Phone: 07552369268

Or call or text the following support agencies:

Childline: 0800 11 11

Meic: 080880 23456 or text 84001



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