

Emotional well-being for young people: Boosting or bursting your mood

We have very little control over what is going on right now and that we have to socially distance and/or self-isolate for our own and others safety.

However, we do have control over what we do and the decisions that we make.



The basics:

Sleep: 12-18 year olds need 8 – 10 hours of sleep a night. Too little sleep can cause people to feel irritable, tired and unmotivated. Too much sleep can be just as bad.

Work out what time you need to go to sleep, stick to a good bedtime routine, without distractions and electronics.

Food: We all know the difference between healthy and unhealthy foods. At times of stress it is important not to over eat or under eat.

Have 3 meals a day, stick to a routine and try to avoid too many unhealthy foods and snacking out of boredom.

Activity: Exercise is good for our general fitness, but also for our minds, releasing endorphins (happy chemicals) and relieving stress.

Aim for at least 30 minutes of moderate activity that gets your breathing rate up each day. Check out You Tube to find new types of exercise for you to try out.

Are you boosting or bursting your mood?

Some activities we take part in boost us and contribute to positive and comfortable feelings. Some are not so helpful and contribute to more negative or uncomfortable feelings. Sometimes this can be influenced by factors like the time of day or the length of time you dedicate to an activity.

It is good idea to check in with our emotions regularly to help us to make good choices over what we decide to do.

For example, gaming can be a great way to entertain yourself and connect with friends. If you recognise that this activity results in comfortable emotions like happiness, satisfaction and acceptance then this is great.

However, if you notice that your feelings are more uncomfortable like frustration, anger or boredom then it is a good idea to take a break and choose to do something else.



Top tips for identifying a boosting or bursting activity:

Ask yourself the following questions and then categorise your activities:-

Do I enjoy this activity?

Is it a good use of my time?

Does it lead to comfortable feelings?

Is it a healthy activity?

Does it help me or others?

If the answers to these questions are mostly yes then this is a boosting activity for you. If you are answering mostly no then this activity is likely contributing to uncomfortable feelings. If your activity is a mix of yes and no answers then consider putting a time limit on this activity and regularly checking in on your mood so that you recognise if it starts to bring about uncomfortable feelings.

Activities that boost my comfortable feelings	Activities that I should time limit	Activities that burst my comfortable feelings

Remember:

You are in control of your actions and you have the power to make both good and bad decisions.

If you are ever unsure of how you are feeling it is a good idea to talk to someone.

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

Email: youngpeople@swanseamind.org.uk

Text/Phone: 07522 218385

