

REDEMPTORISTS IRELAND YOUTH MINISTRY



RESOURCES:

**SUPPORTING YOUNG
PEOPLE'S WELLBEING**



REDEMPTORISTS
IRELAND

IDEAS FOR SUPPORTING YOUNG PEOPLE'S WELLBEING

It is very understandable for young people to feel concerned about events in the world at this time, as well as adjusting to a very different way of life. This can be particularly challenging for children and young people already experiencing an ongoing mental health issue. More than ever, it is important that we are supporting all young people to look after their wellbeing at this time. Here are some ideas for how to help young people look after their mental wellbeing in uncertain times...

KEEP TALKING & STAY CONNECTED

Lots of young people might start to feel lonely during this time, so finding new ways of connecting with people is important. It's helpful to try to focus these catch ups on positive topics and not just about the current situation. Encourage young people to do a simple check in with each other but also to schedule in some social media breaks or unfollow accounts that are making them feel overwhelmed. There are also positive online communities that it might be a great time to get involved with.

RETHINK ROUTINE

Sounds simple but creating a new routine for our day can be really helpful to manage change and find a greater sense of normality. Little things like getting up and going bed at the same time, having regular meals and exercise daily. Google 'healthy mind platter' it might be a helpful place to start

LOOK FOR POSITIVES

During difficult times, it can be really helpful to try to look for the positive moments in every day. A great way to do this is to challenge yourself to think of three things you are grateful for each day and sharing this with other family and friends.

Action for happiness have created a brilliant coping calendar with positive activities to complete each day.

PLAN WELLBEING ACTIVITIES

If you are looking for daily ways to support positive wellbeing, you could plan different activities around the 'Take 5 steps to wellbeing'. Attached you will find a 30 Day Wellbeing Challenge, this template can encourage a routine/habit for young people to track their steps to healthier mental health and wellbeing.

STAY CALM APPS- IT CAN BE HELPFUL TO COME UP WITH A TOOLKIT OF APPS THAT HELP FIND SOME CALM



30 DAY

WELLBEING

CHALLENGE

Keep track of any activity you complete each day for positive wellbeing



Be Active



Connect



Get Creative



Give



Take Notice



Keep Learning