

Emotional well-being for young people

Do an emotional check in

It is OK to not be OK!

Are you experiencing feelings that are **comfortable/nice** to feel?
or **uncomfortable /not nice feelings**?

If **comfortable**- that's ok – continue doing what you are doing.

If **uncomfortable** – That's ok too! Use the tools below to help you.



Identify your feeling

Give your feeling a name. Are you feeling worried, scared, bored, concerned?

Why are you feeling this way?

Are these things in your control? Do you have power over them?

If not then let them go. There is a lot going on right now that you can't change and it is important to know that you can't change them and that it is not your fault.

Concentrate instead on what is in your power

Make a routine

You can control your actions.

Break your day into small chunks of activity. Try to include all of the following **SCARCE** areas in your day/week.

Share – share your feelings, with others. Share your time and kindness with others. Share your skills and talents with others.

Connect – Remembering to socially distance, socialise with others using technology, video calling, messaging and gaming. Find creative ways to keep in contact with your family and friends.

Active – make sure to exercise, use You Tube to find inspiration and aim for 30 minutes of activity per day.

Relax – Ensure 8-10 hours of good quality sleep each night, take time to chill, take your mind off things, disconnect from social media and enjoy quiet time.

Contribute – Help out around the house, check on neighbours, do favours for people, look into raising money for charities and getting involved in causes that mean a lot to you.

Expand – learn something new, take up a new hobby, learn a language, play an instrument, create art, read a book, make a photo album, research colleges/universities, courses and careers, keep your mind active.