

Ideas for supporting young people's wellbeing during uncertain times

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

It's important for young people to feel able to keep talking about their concerns and questions, especially if they are starting to feel overwhelmed or anxious. Lots of young people might also start to feel lonely during this time, so finding new ways of connecting with people is important, this could be through messaging, phone calls or video messaging. It's helpful to try to focus these catch ups on positive topics not just about the current situation. Encourage young people to 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 a lot of 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 changes and find a sense of normality. Little things like getting up and going to bed at the same time, having regular meals and breaks throughout the day. Find alternative ways of carrying out their normal routine at home—exercising at home, getting fresh air and set small goals or tasks throughout the day can be really helpful. This [healthy mind platter](#) might be a helpful place to start.

Look for the 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 others.

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 5 Ways to Wellbeing. Below you will find a **30 Day Wellbeing Challenge**, this template can encourage young people to track any thing they do each day for positive wellbeing and share this with each other.



Staying Calm

In times of uncertainty, it's perfectly normal to experience feelings of anxiety and worry. It can be helpful to come up with a toolkit of activities that help us find some calm when feeling overwhelmed. This could include things like breathing techniques, playing music, spending time outside, creative play, stretching, writing things down, being creative or activities that help to distract our minds if our thoughts are overwhelming.

This could include:

Mindfulness apps like **Headspace**



Online yoga

Journaling

ThinkNinja is a brilliant app to help children and young people manage their emotional health. ThinkNinja has been made freely available to all young people in the UK— including added Covid19 content.



The Blurt Foundation have some fantastic resources around self-care:

[Self-Care Journal Prompts](#)

[Self-Care Planner](#)



Here is also another helpful list of [self care ideas](#) for young people to try out!

Helpful links:

[Supporting young people's mental health through times of disruption](#)

[Looking after your mental health while self-isolating](#)

[Questions to start the conversation](#)

[Toolkit of mental health & wellbeing resources](#)

[How to use social media in a positive way during a crisis](#)

Further Support:

Mental health support available for young people:

YOUNGMINDS



text **YM** to 85258