

Wellbeing for Children and Young People



Human beings are sometimes said to be social animals. This means we are designed to want to be around others to thrive and survive. Positive relationships with our family and friends are key to our wellbeing and feeling connected.

We all have times when we feel a range of less positive emotions and this is perfectly normal. For example, we might feel anxious, angry, sad, worried or confused and these feelings can be very strong some of the time.

The Wellbeing Blocks explained below show six different areas that we can all focus on to make a difference.

The good news is, there are some things we can do to support our wellbeing and feelings of connection to others.

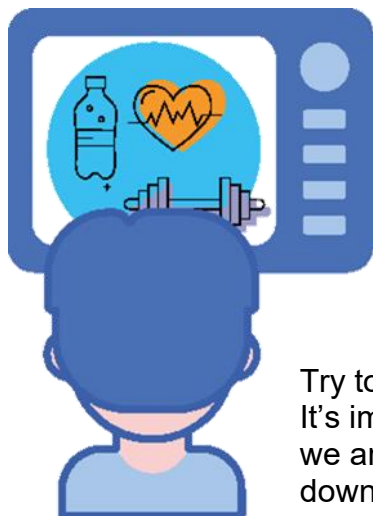
It is helpful to think about how to do these things even when things are going well, as well as when we are feeling low.

Is there someone you can talk to about how you might do this who will be able to help? Someone in your family, a friend, or someone at school?

Connecting with others is a great way of making a plan as you can chat to them about how you are getting on.



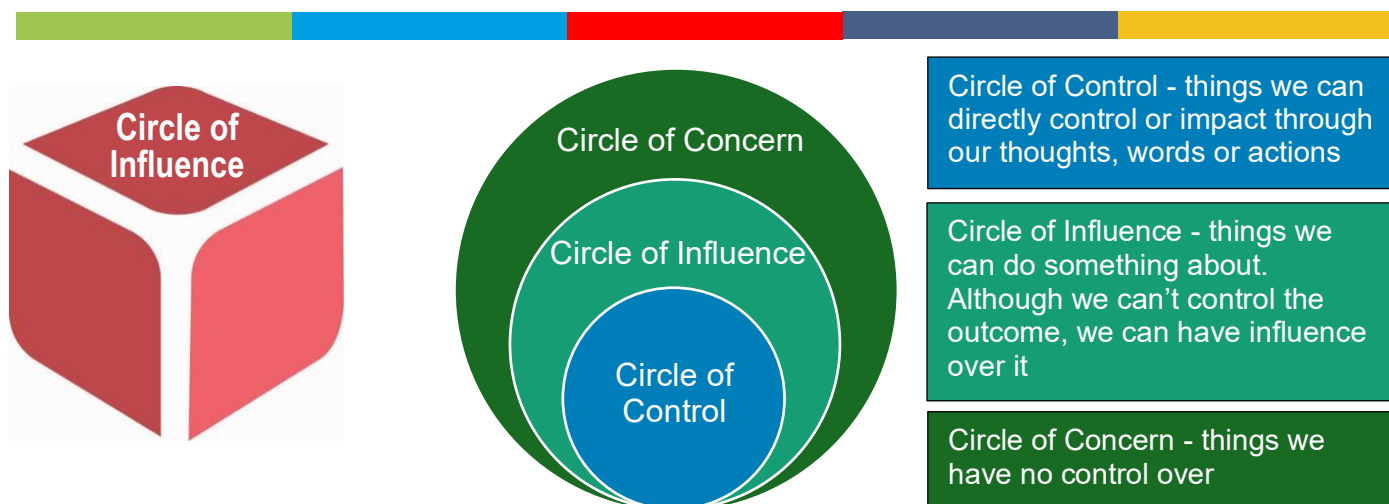
Being kind makes others feel better, but it has also been shown to strengthen our own wellbeing. Even small acts of kindness such as making a kind comment to someone or helping them with something can make a huge difference to how they feel. Noticing the difference that makes, makes us feel good too - win-win.



As well as showing kindness to others, being kind to ourselves is also important. Sometimes we can be very hard on ourselves inside our heads. It can be helpful to think instead about what we would say to a friend if they were being hard on themselves. Doing things that we enjoy, eating healthily and taking care of our bodies are all ways to be kind to ourselves.



Try to make time every day to reflect on what went well. It's important to recognise our successes and the things we are grateful for, no matter how small. Writing these down in a notebook is also helpful for some people.



Spending time thinking about things that we can't change (Circle of Concern), like the law, school rules or major world events, can make us feel worried or anxious.

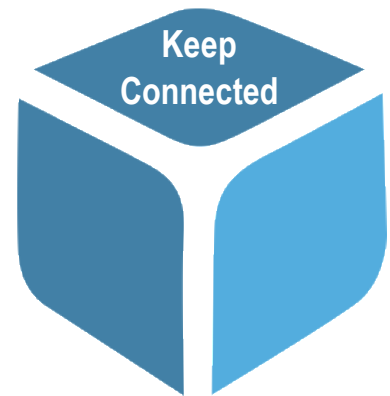
It is more helpful to think about things that are within our Circle of Influence and this can reduce time spent on worrying and help us focus on areas we can change.

For example, we can influence:



Feeling connected and a sense of belonging is key to wellbeing. Most of us now use technology as one way to connect with others, but there are risks of spending too much time online and it is also important to have face to face contact with others.

Going to school, being part of clubs or groups and joining in with family activities are all good ways to connect with others. It also gives us the chance to be active, see people and have real life conversations.



Although having some time alone is important for many people, when we have limited contact with others we can feel isolated. It might be hard to ask for help, but it is important to try to do this as other people can help you to find ways of getting more involved in groups or activities.



Our brains naturally produce “feel good” chemicals which can help to protect us from the effects of anxiety and other negative emotions. We can increase our levels of these chemicals by engaging in the following activities.

Things you can try include:

As well as being good for our bodies, building in times during the day for feel good activities helps keep our energy topped up and improves our mood and feelings of wellbeing.

This has a positive impact on how we function at home, in school and with our friends.



Predictability and routine are known to reduce anxiety and in turn support wellbeing. Most of us have some simple daily routines that we do without really thinking about them – for example, putting the radio on when we are getting up, having a shower before bed most nights and so on. When we are feeling stressed or anxious, it can be helpful to build in some routine to our days to help us feel more in control.

Making a simple plan is a tried and tested way to reduce anxiety and adults can really help with this. They can help us to learn how to and practise doing this by:

- **Setting realistic goals**
don't over plan, keep things simple
- **Having clear boundaries in place**
to support a good home/school balance
- **Having routines in place**
to ensure adequate time for work, rest and play (even adults need to do this)
- **Not being too disappointed if goals are not met**
but noticing and adjusting the plan to make it more manageable. Remember it is important to be kind to ourselves

Having adult support with this is helpful, but we need to be in charge of our own plan and have a say in the things to target in the plan. It can be helpful to think about the things that might get in the way of success and have a think about how we might problem solve if things don't go to plan.



It is normal to experience difficult emotions at times. Taking the time to recognise and name these difficult feelings makes them more manageable and can help to reduce anxiety. Talking things through with someone we trust can also help.

Thinking about things that have already happened or may happen in the future can be worrying (remember our Circle of Influence). Instead we should try to focus on the current situation and what we can influence now.



Sources of Support

The Educational Psychology Service are there to support your and others' wellbeing. Please do not hesitate to get in touch.

Tel **01738 476242**

Email EdPsychologists@pkc.gov.uk

X **@PerthEPS**

We will tweet further information, follow us @PerthEPS and use the #buildingwellbeing

Cool to Talk

An interactive website for young people aged 12 and over in Tayside www.cool2talk.org

Mindspace

www.facebook.com/MindspaceMySpace

Tel **01738 631639**

www.mindspacepk.com

Breathing Space

Tel **0800 838587**

www.breathingspace.scot

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