

EMOTIONAL RESILIENCE



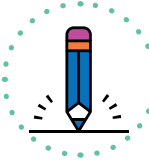
Emotional Resilience is about understanding how you feel and taking care of your brain. Just like the body needs things to be healthy (such as lots of vegetables, plenty of exercise) it's the same with your mind.

We will all experience anger, anxiety or sadness at some point in our lives and that's completely normal. We can learn tools so that we can deal with these emotions well and enjoy happy, healthy lives.



Breathing

We do it all the time, but focusing on breathing slowly can help if you feel anxious or angry. Take 5-10 slow, deep breaths. Try covering one nostril at a time to help you concentrate on breathing.



Writing

Write down any worried thoughts you have in a 'thoughts' journal and look back on them. This can help you to see what thoughts are useful and what aren't. Also write down things you are proud of and look at them when you feel down or disappointed.



Talking

If you are feeling unhappy or anxious talking about it can be hard, but it is very important. Talk to someone you trust, whether it's a parent, a teacher or a helpline such as 'Child Line'.



Get active

Play a sport, take up swimming or dance lessons. Exercise can reduce anxiety, lift your mood and also help with self-esteem. And it's very good for you physically too.



Go outside

It sounds simple, but lots of people don't get a lot of fresh air. Going for a short walk if you feel unhappy or stressed can be really helpful. It's also a great way to take a little break from using social media or doing homework.



Be creative

Creativity is really good for your mind. Whether it's drawing, doing drama, creative writing or playing a musical instrument, have a go.



Stand in their shoes

Sometimes other people say mean things or get angry with you. It is easy to feel upset or think it's your fault. However, it can help to stop and think about the other person. Are they angry because of something else and taking it out on you? If someone is unkind it can be because they are unhappy or worried about something.



Be kind to others

Doing a kind act each day can really improve your mood and happiness. Hold the door open for someone. Give your friend a compliment. Give away your last chocolate bar – now that IS kind!



Be kind to yourself

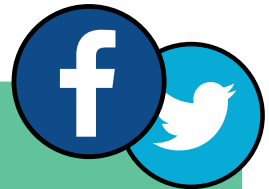
Sometime we can be unkind to ourselves; 'I'm rubbish at this!' Start to notice if you are thinking unkind things. Practise speaking to yourself as you would a friend who was upset; 'I know this is hard, but I can do it if I keep trying.'



Ask for help

It is normal to feel down or anxious sometimes. But if you are feeling unhappy or anxious most of the time, it is important to tell someone. A lot of people have these feelings and they are not your fault. There are people who can help.

Social Media Top Five Tips



Social media can be great - you can laugh at funny videos, keep in touch with friends, learn new things and look back at happy memories. However, if used too much it can be bad for us.

Here's 5 quick tips on using social media well:

1. Take regular breaks away from social media.
2. Stop when it's not fun anymore. Avoid just looking at stuff for no reason.
3. Have a balance between talking online and in person.
4. Remember a lot of people only post the best things about their life online. You only get one part of the picture.
5. Likes can feel good, but try not to depend on them. Remember, you are great with or without likes.

Useful Contacts

Childline

0800 1111

childline.org.uk

Free 24-hour helpline for children and young people in the UK.

The Mix

themix.org.uk

Online guide to life for young people. Emotional support is available 24 hours a day for anyone aged under 25. Chat about any issue on our moderated discussion boards: <http://vbulletin.thesite.org/>

NSPCC

helpline (adults): 0800 800 5000

helpline (children and young people): 0800 1111

help@nspcc.org.uk

nspcc.org.uk

Helpline for children and young people. Website has advice on bullying, social media use and more.

Samaritans

24-hour helpline: 0800 116 123 (freephone)

samaritans.org

Emotional support for anyone feeling down, experiencing distress or struggling to cope.

Young Minds

020 7089 5050 (general enquiries)

0808 802 5544 (parents helpline)

youngminds.org.uk

Improving the mental health of all babies, children and young people. Provides information for both parents and young people.

