

Children and Young People's Good Emotional Health

Youth Forum Spring Sessions 2023



What makes you happy?



Children and Young People's Good Emotional Health

In Spring 2023 the SSCP Business Partnership Group asked the Youth Forum about how children and young people achieve and sustain good emotional health.

- In session one the young people discussed how to describe good emotional health
- In session two they discussed what children and young people need to achieve this and what the barriers were
- In the final session the young people thought about advice they might give to their peers on achieving and sustaining good emotional health

How might you describe good emotional health?

The word cloud features the following terms:

- Happiness** (large, red, vertical)
- Communication** (large, green, horizontal)
- Resilience** (large, pink, horizontal)
- Community** (large, purple, horizontal)
- Being a part of something** (orange, top center)
- Contentment** (blue, top right)
- Family and friends** (green, top right)
- Self-awareness** (pink, top left)
- Good role models** (blue, top center)
- Independence** (blue, top right)
- Knowing how to react** (blue, top center)
- Healthy eating** (purple, top left)
- Understanding** (pink, center left)
- Knowing why you feel** (orange, center right)
- Helping others** (pink, center right)
- Learning** (purple, center right)
- Having purpose** (green, center right)
- Stability** (red, vertical, right edge)
- Kindness** (pink, left edge)
- Wanting to go outside** (blue, left edge)
- Creative expression** (purple, left edge)
- Simplicity** (purple, vertical, left edge)
- Patient** (pink, vertical, left edge)
- Calmness** (orange, vertical, left edge)
- Regulation** (purple, vertical, left edge)
- Nature** (orange, vertical, left edge)
- Active** (orange, center left)
- Loving others** (pink, center left)
- Strong relationships** (green, center left)
- Dealing with stress** (red, center left)
- Self-acceptance** (purple, center left)
- Somewhere to escape** (green, center left)
- Detachment** (pink, center right)
- Loving the world** (purple, center right)
- Healthy living** (green, center right)
- Acceptance of the world** (purple, center right)
- Being ok with sadness** (red, center right)
- Feeling part of something** (green, center right)
- Knowing how to regulate** (red, bottom center)
- Loving yourself** (orange, center right)
- Meditation** (pink, center right)
- Physical health** (orange, bottom right)

How might you describe good emotional health?

- Family and friends
- Self-awareness
- Self-care
- Communication
- Resilience
- Environment
- 'Being happy about how you feel'



Good Emotional Health

What do children and young people need to achieve this?



What do young people need to achieve this?

- Good role models
- Positive influences
- Communication
- Good support systems
- Positive activities
- Coping mechanisms



Good Emotional Health
What are the barriers to
children and young people
achieving good
emotional health?

Not knowing where to start

Bad Role Models

Lack of support

Don't know where to find help

Unaware that they need help or how to go about it

Peer pressure to have poor mental health

Not having access to support

Lack of socialisation in more rural areas

School pressures

Not having a safe environment

Bad experiences in the education system

Being surrounded by those who don't have good emotional health

Negative experiences throughout early life

Feeling unable to achieve good emotional health (disillusioned)

Lack of community facilities/activities

Feeling like they don't deserve to get better

Parents too busy

Lack of awareness

No indicators to what's good or bad

What are the things you WOULD advise your friend to do to help them feel better?

A word cloud of various suggestions for helping a friend feel better. The words are arranged in a circular pattern around a central point, with different colors used for each word or group of words. The most prominent words are 'Talk to someone', 'Draw', and 'Meditation'. Other words include 'Work out your support network', 'Maintain habits', 'Talk to friends family', 'Find motivation', 'Regulate yourself', 'Keeping active', 'Take up new hobbies', 'Physical affection', 'Use your brain power', 'Don't deprive yourself', 'Arts and crafts', 'Listen to music', 'Keep independence', 'Don't lose appetite', 'Have an outlet', 'Healthy eating', 'Cry', 'Try new things - yoga', 'Stay healthy', 'Sleep', 'Express yourself', 'Keeping routine', 'Maintain hobbies', 'Safe space', 'Sport', 'Journal', 'Treat yourself', 'Continue hobbies', 'Sleep right', 'Go out into nature', 'Healthy diet', 'Hang out with friends', 'Music', 'Selfcare', 'Hugs', 'Keep a good sleep schedule', 'Put yourself first', 'Be kind to yourself', 'Reach out to friends', 'Reach out', 'Exercising', 'Stay on top of work', 'Sleep 7-8 hours', 'Spend time reflecting', 'Morning and night routine', 'Do yoga or goat yoga', 'Spend time with pets', and 'Draw'.

Work out your support network Maintain habits Talk to friends family Find motivation
Regulate yourself Keeping active Take up new hobbies Physical affection
Use your brain power Don't deprive yourself Arts and crafts
Listen to music Keep independence Don't lose appetite Have an outlet
Healthy eating Cry Try new things - yoga Stay healthy
Sleep
Express yourself Keeping routine
Maintain hobbies Safe space Sport Journal Treat yourself Continue hobbies
Sleep right Go out into nature
Healthy diet Hang out with friends Music Selfcare
Hugs Keep a good sleep schedule Put yourself first
Be kind to yourself Reach out to friends Reach out Exercising Stay on top of work
Sleep 7-8 hours Spend time reflecting Morning and night routine Do yoga or goat yoga
Spend time with pets

Talk to someone
Draw
Meditation

What are the things you **WOULD** advise your friend to do to help them feel better?

"Spend time doing things that you enjoy, whether it's your hobbies or a self-care routine or spending time socialising with friends and family. Whatever floats your boat and puts you in a happier state"

"Go out on daily walks"

"Cry, just get all of your emotions out and then listen to some music or do something that makes you happy"

"If you're struggling reach out as much as you can. Work out who your close support network are and if you need to, reach out"

"Doing things that make you feel happier. Staying on top of work so that it doesn't get too much and make you stressed"

"Exercising, going out and doing stuff with people and doing hobbies, keep doing hobbies or start new ones. Walking, running, gym, sports or anything that keeps you moving"

"Try and maintain all of the hobbies that you're doing"

What are the things you advise your friend NOT to do to help them feel better?

Addiction
Drink
Drinking

Impulse decisions **Toxic social media**
Bury your problems **Neglect hygiene**
Lock themselves away **Alcohol and drug reliance**
Impulse buying **Burying the issue** **Self medicating**
Hide yourself away
Put others needs before your own **Get a haircut**
Post on social media **Unhealthy eating habits**
Push others away **Lose focus on self care**
Put others first **Don't become unproductive**
Smoking or vaping **Obsessive shopping** **Do things that make u sad**
Don't focus on others **Overshare on social media**
Not keeping hygiene

What are the things you advise your friend NOT to do to help them feel better?

"Drinking is never the option"

"I do know a few people that use vaping as a coping mechanism, and I think they end up in a cycle of addiction more than anything else"

"Should encourage them not to put others wellbeing before yourselves"

"Not hide yourself away and make sure your still going out and hanging out with people. If you just lock yourself away, you're just going to be sat there with your thoughts and then it's going to get worse"

"Not get out of their daily routine. If you do something productive in the day it just helps with your mental health, it makes you feel better. So, if you stop being productive and start doing the absolute minimum it'll just make you feel worse"

"Not keep on top of your personal hygiene"

"A lot of people now overshare aspects of their lives online"

"Don't impulse buy, don't do any online shopping. You might accidentally spend too much money without realising it"

Conclusion

- Young people found this a relatively easy topic to discuss once they got started
- There was no discussion about services or interventions
- There was an awareness that good communication is key, but that you need to have the right support network in place
- The young people would like this work shared with Healthwatch and commissioners
- We've already been approached by Educational Psychologists, Children's Social Care and the Cultural Development Team about these insights

