

Tips to improve emotional well-being in adolescent

- Be mindful of yourself and your environment
- Manage and reduce stress
- Try to develop a positive mindset
- Reinforce social connections
- Strengthen oneself to cope with loss



Emotional Well-Being of AdolescentS



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What is Emotional well-being?

Emotional well-being is the ability to produce positive emotions, moods, thoughts and feelings and adapt when confronted with adversity and stressful situations.

According to the Mental Health Foundation "A positive sense of well-being enables an individual to be able to function in society and meet the demands of everyday life. Well-being generally includes global judgements of life satisfaction and feelings ranging from depression to joy."

Why is emotional well-being important?

- Resilience grows and recognizes the emotions that triggers and express them in a constructive manner.

- Receive and offer feedback with a healthy perspective.
- Have discussions and difficult conversations with anyone.
- Establish stronger relationships.
- Increase level of understanding, empathy, humour and compassion.
- View oneself and others with less judgement.

How to improve emotional well-being?

- Move your body
- Establish a routine
- Connect with others
- Learn to forgive
- Do something for others
- Sleep well
- Be kind to yourself
- Be self-aware

Factors that influence emotional well-being

- Challenges with work, school, relationships and homelife
- Changes in health
- Changes in relationships
- Losing love ones
- Moving away from family and friends

