

CARE (Coping and Resilience Education) Skills

- Mental health refers to our emotional, psychological, and social well-being
- Our mental health affects how we think, feel, and act. It also impacts on how we cope, interact and form relationships with others, as well as our daily functioning.
- Day to day our mental health can vary; some days are good days and others are more challenging and we may experience times of strong or overwhelming thoughts and feelings which can be upsetting or difficult to cope with.
- We all experience feelings of worry, sadness, anger, loneliness, shame and guilt at times. This is normal and part of being human.
- Mental and emotional health can vary and be dependent on a number of factors. These include but are not limited to;
 - The number of demands and stressors we have
 - Life events (including change and transition)
 - Relationships with other people
 - Environmental, societal and cultural factors
 - Leisure activities
 - Our physical health
 - How much sleep we get
 - Our diet/ nutritional intake
 - How much we engage in hobbies and interests

Things that you can do that will help:

- Find other ways of exploring how a young person might be feeling rather than asking "how are you feeling?"; using emotion wheels, colours, scaling numbers may be more informative
- Check you and your young person have the same understanding of emotion words or language being used
- Emphasise that experiencing emotions is normal (we all have emotions) and it's ok to feel sad, worried or angry from time to time
- Think with your young person what their triggers for not coping might be
- Think with your young person what they need to help them calm down enough to be able to think, process, talk or respond
- Talk to your young person regularly; make time for them - acknowledge and validate how they are feeling
- Encourage (through role modelling) a healthy lifestyle; making time for friends, taking part in hobbies and interests or trying new things, ensuring they eat well and are hydrated, ensuring they get good sleep, having a break from technology and social media

Other things to hold in mind:

- Try not to make promises you can't keep such as promising things will be ok or promising not to tell anyone else what has been disclosed (especially if it's about risk)
- Try not to ask a young person to make promises they can't keep (such as promising not to hurt themselves again)
- Check that your expectations of others (the young person, a parent/ carer or a professional) are reasonable and realistic in order to avoid disappointment, frustration or confusion.
- Share information; joined up support/ approaches are best for a young person
- Role model the importance of self-care
- Think about your own needs and what is going on for you which might impact your responses or interactions with a young person
- Seek support and advice if you need it

For more information or advice:

www.hampshirecamhs.nhs.uk

Young Minds Parent Helpline: 0808 802 5544
(Monday to Friday, 9.30am-4pm)