

What are normal emotions?

We all experience a range of emotions but sometimes things might happen that means we might not be able to deal with these very well. For example: someone dying, difficulties at home or friendship breakdown. This is ok and perfectly normal.

When are they not OK?

When your emotions affect you on a daily basis and affects: school, family, friends, social life and stops you from doing things, it can be come a problem.



Unhealthy ways of Expressing your emotions:

Downers – focus only on negative things, overlooking or dismissing positives (negative glasses)

Self harming

Misusing drugs and alcohol

Fighting– getting into trouble etc.

Feeling thoughts - strong emotions cloud how we think and see things

Blaming me or others for my problems

We all express our emotions in different ways some are better than others.

What can we do to manage our emotional health and wellbeing?

Take a time-out. Do some yoga, listen to music, meditate, read or learn relaxation techniques. Stepping back from the problem helps clear your head.

Eat well-balanced meals. Do not skip any meals. Keep healthy, energy-boosting snacks on hand.

Get enough sleep. When stressed, your body needs additional sleep and rest.

Exercise daily to help you feel good and maintain your health.

BREATHE! Take deep breaths. Inhale and exhale slowly. IN for 3, HOLD for 3 and OUT for 3.

Count to 10 slowly. Repeat, and count to 20 if necessary.

Do your best. Instead of aiming for perfection, which isn't possible, be proud of however close you get.

Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?

Welcome humour. A good laugh goes a long way.

Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.

Get involved. Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you.

Who can help?

HSIS Youth Workers work along side School Nurses and run weekly confidential drop in sessions in your school where you can come for support and advice on any issues affecting you.

We support young people with issues around: healthy relationships and sexual health, alcohol, stopping smoking, drugs, weight and lifestyle, and emotional health and wellbeing.

You can also access support from:

Action for Children

Response 0151 666 4123

Kooth.com

Wirral Youth Hubs and Clubs

Young Minds

Open Door Centre

Proud Trust

The Mix

EMOTIONAL HEALTH & WELLBEING



HEALTH SERVICES IN SCHOOLS



WIRRAL

What actually is Emotional Health and Wellbeing?

You're mental and emotional health are like a tag team: mental health is your ability to process information and emotional health is the way you express how you feel about that information. Together they help us manage our life experiences.

Sometimes life can give you difficult things to process and this can make you feel sad, lonely, upset, angry, naughty, unable to cope, anxious, or depressed.

This is normal; it is our bodies' way of expressing how we are coping with things which may be stressful or traumatic. Everyone has different life experiences so you can't compare the way you react to a situation to the way someone else does.

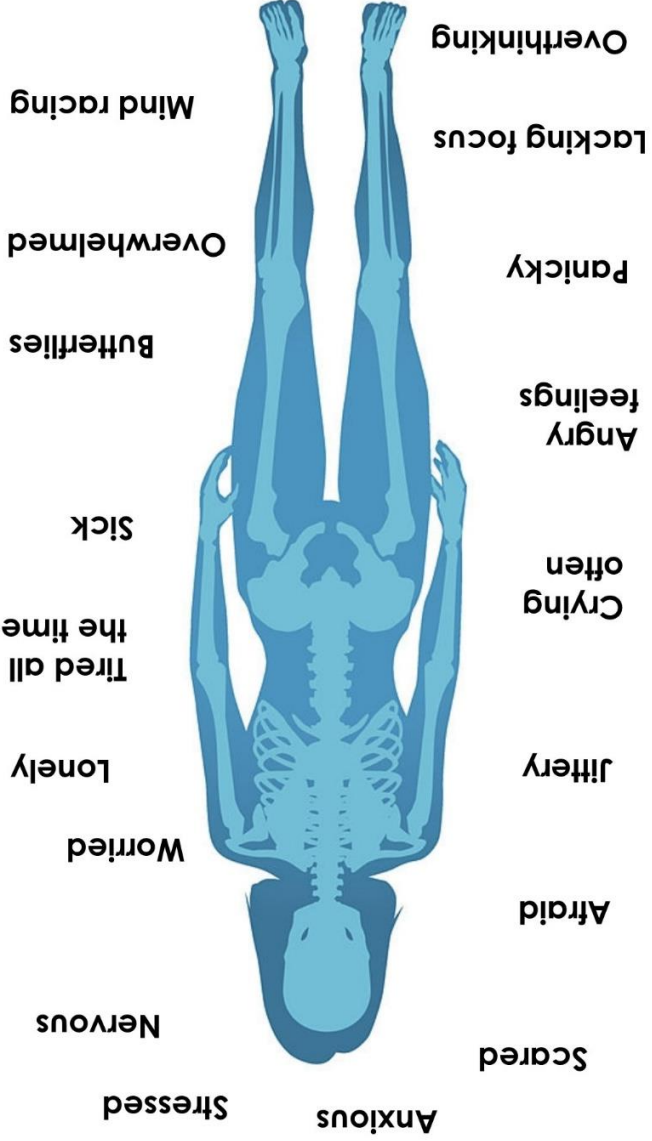
A word people use now to talk about how well we manage these feelings is '**resilience**', and there are lots of things that you, your family/careers, friends, school and community can do to help increase your resilience.

These things include:-

Helping you feel safe
Eating well
Sleeping enough
Talking to people

Helping you to express your feelings
Supporting you in school/college/work
Enjoying hobbies, sports, social activities
Knowing and understanding yourself and how you identify in the world
Create positive experiences and remember them

Things to look out for?



There are many reasons why someone may experience periods of poor emotional health. It's normal to have a wide range of emotions and it's important to recognise how you are feeling.