

Emotional well-being for young people: Calm

How are you feeling?

Take a moment to think about how you are feeling right now, in this moment. Is it comfortable or uncomfortable feelings? Can you label these feelings with feeling names such as stressed, angry, worried, enthusiastic, relaxed? Do you know why you are feeling this way?

If you are not sure how you are feeling or what is causing your feelings it is a good idea to try to relax and allow yourself time to figure it out. Our minds are very busy places and it is very easy to be stuck thinking and worrying over many things, especially issues that we can not control.



Take time to be calm:

What sort of things help you to feel calm?

Be completely honest with yourself when considering this as many activities that we enjoy very much (such as gaming, talking to friends, being creative) can actually bring uncomfortable feelings such as frustration, inadequacy or anger.

What can you do to be present in this moment? What activities will really allow both your body and your mind to feel relaxed?

Go for a walk, play with a pet, meditate, paint your nails, listen to relaxing music, concentrate on your breathing or slowly eat a meal focusing on the tastes and textures without any interruptions.

Join Swansea Mind for a mindfulness session this Wednesday 1-2pm if you would like to learn more about relaxation.

Also, if you would like to talk about how you are feeling then text Sabrina on the number below to arrange a chat.

Join Swansea Mind for a Mindfulness Zoom session Wednesday the 24th 1-2pm

Email or text for more details:

Also, if you would like to talk to the Swansea Mind Young Person Worker:

Email:

youngpeople@swanseamind.org.uk

Text/Phone: 07552369268

