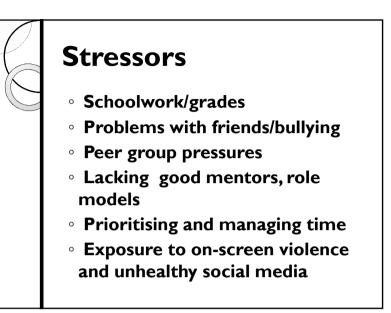
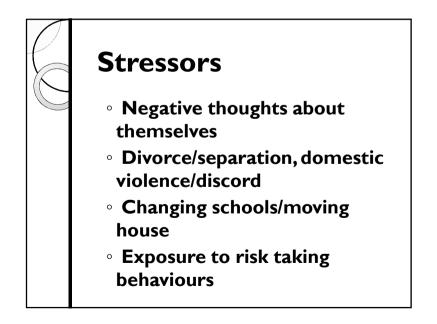
Dr Paul Abeles, Consultant Clinical Psychologist, Royal Manchester Children's Hospital

•Plan of talk

- I. Most common stressors faced by young people
- 2. What promotes healthy emotional well-being?





How to build resilience

- Give unconditional love
- Listening
- Be a role model
- Encourage empathy
- Chores

Resilience

How to build resilience

- Praise
- Honesty
- Prove a safe, secure, and dependable home
- •Play and time with peers

How to build resilience

- Appropriate guidance and instructive discipline
- Physical activity
- Deriving meaning and purpose from life

Sleep		
	AGE (years)	Sleep Requirement (hours per night)*
*Millpond Children's Sleep Clinic Recommendations	5	
	6	10.75
	7	10.5
	8	10.25
	9	10
	10	9.75
	11	9.5
	12	9.25
	13	9.25
	14	9
	15	8.75
	16	8.5

