

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

• **Plan of talk**

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

Stressors

- **Schoolwork/grades**
- **Problems with friends/bullying**
- **Peer group pressures**
- **Lacking good mentors, role models**
- **Prioritising and managing time**
- **Exposure to on-screen violence and unhealthy social media**

Stressors

- **Negative thoughts about themselves**
- **Divorce/separation, domestic violence/discord**
- **Changing schools/moving house**
- **Exposure to risk taking behaviours**

How to build resilience

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

Resilience



How to build resilience

- Praise
- Honesty
- Provide 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)*
5	11
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

*Millpond Children's Sleep Clinic Recommendations



- You can build up and strengthen mental health during the normal, day-to-day, interactions you have with your kids

Resilience