

Teens Emotional Wellbeing Top Tips

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Teens need healthy, supportive, & stimulating environments with a clear focus on, & commitment to helping them improve their self-esteem, build resilience & develop good relationships. With such support, they are more likely to become confident, happy & ambitious people.

Understand Importance Healthy Relationships

It is important for parents to understand that good emotional & mental health is important in helping to strengthen a teenager's capacity for relationships, improve educational attainment, promote social inclusion, expand opportunities & improve general health & wellbeing.

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Good relationships can be positive & reassuring, whereas difficult ones can be negative & upsetting. Relationship-building involves social skills. Parents can help teenagers develop these skills by ensuring they have ample opportunities through sharing, appreciation of diversity, consistent routines, collaboration & opportunities to connect with others. It's important to encourage teenagers to forge solid connections, to learn about give-&-take and conflict resolution.

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Manage Emotions

- * Talking about emotions can be an effective way to deal with them. Listen carefully to what your teen has to say. Give them the time & space they need to put their feelings in perspective, and learn to regulate them. Teenagers who can manage their emotions are stronger, they are ready to welcome learning experiences, ask questions, and to discover new, creative, & comprehensive ways of thinking about the world around them.

Remember the givens!

- * There are certain non-negotiables that encourage healthy teenage development & sustain their well-being for example, safety, unconditional love, sensible & fair guidance, connectivity, honesty.

Support

Teens need supportive environments when experiencing poor mental health. Support for mental health problems is available. Be open to seek help, from professionals not just for your teenager but for you as the parent, as well.

Self-Esteem

Teenagers often face uncertainties, they have to cope with competitive environments, challenging situations, meeting difficult expectations, etc. Many teens struggle with confidence. Help them believe in themselves. Reinforcement and encouragement from parents can go a long way towards strengthening teenager's self-esteem, and instilling feelings such as optimism & relief.

Support line: 0808 8010 722
parentingni.org

