



# Emotional Resilience and Problem Solving for Young People: Promote the Mental Health and Wellbeing of Young People

*Tina Rae, Nisha Nakaria, Patricia Velinor, Barbara Maines*

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## **Emotional Resilience and Problem Solving for Young People: Promote the Mental Health and Wellbeing of Young People** Tina Rae, Nisha Nakaria, Patricia Velinor, Barbara Maines

Young people today encounter specific challenges and stresses in both educational and social contexts. This resource pack helps participants to: \* Understand the importance of mental health and wellbeing \* Recognise the stresses that they, and other people, face \* Develop effective managing strategies. The authors have designed a flexible programme that encourages young people and adults to respond positively to difficult situations they encounter, focusing on solutions rather than dwelling on set-backs. Topics taught in the 15 sessions include: Challenging stereotypes \* Multiple intelligences \* Self-esteem \* Positive communication \* Focusing on strong emotions \* Stress and coping strategies \* Making good decisions

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