



YOUR ISSUES

Schools told us about the topics they would like to have covered by this resource. Young people worked on these topics and were consulted on the types of issues covered. We hope you find the information and sources of support useful.

We'd love to hear whether you found the topics covered and the information useful. If you have any ideas on other topics you would like covered or comments on existing topics please email us at

homeworkdiary@deni.gov.uk





Young people developed this definition of Mental Health and Emotional Wellbeing - What it means to you



Being mentally and emotionally healthy means that we believe in ourselves and know our worth. We set ourselves goals that we can achieve and can find support to do this.

We are aware of our emotions and what we are feeling and can understand why. We can cope with our changing emotions and we can speak about and manage our feelings.

We understand what others may be feeling and know how to deal with their feelings. We also understand when to let go and not overreact. We know how to make friendships and relationships and how to cope with changes in them.

We understand that everyone can be anxious, worried or sad sometimes. We know how to cope with, and bounce back from, changes or problems and can talk about them to someone we trust.

