

WHAT PROMOTES / UNDERMINES THESE ASPECTS OF MENTAL WELLBEING?

RESILIENCE

Key points	Additional comments
People need to understand more about mental health	
It's hard for people to admit they have difficulties	
Don't want it to be 'buttercups and rainbows'	
People need to recognise and admit it feels bad and not try to fix it for us	
It's important that people are genuine	
Knowing what makes you happy and knowing when you're happy	
Knowing it's OK to feel sad	
Surprised at number of people (HRBS data) who get over things quickly - there are people who can't get over things and keep bringing them up	
There is a difference between bottling it up and getting over it	
Depends on what has gone wrong - what is big and what is little is different for each individual	

Keeping on trying – having another go	
It doesn't help when people say: 'Wait until you get into the real world' (this is our real world), 'It will all be OK' (it might not), 'You'll be fine', 'I promise it's going to get better' (shouldn't promise things might not be able to deliver)	

KEY MESSAGES

1	Please don't say: 'Wait until you get into the real world' (this is our real world), 'It will all be OK' (it might not), 'You'll be fine', 'I promise it's going to get better' (shouldn't promise things might not be able to deliver)
2	Please speak respectfully to young people and recognise that what we feel at the time feels bad

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SELF ESTEEM

Key points	Additional comments
The number of people who don't want to change things about themselves (referring to school HRBS data) - maybe people don't feel very secure about themselves	
The same people might respond differently (HRBS data) in Y10 to what they said in Y8 - shows our mental health and our view of it changes	
MEW is not a static state – it changes and moves	
Optimistic about future (referring to HRBS data) - having some sense of direction affects it – e.g. knowing what career I want to do	
Being affirmed and praised when it's appropriate	

KEY MESSAGES

1	Help us to be optimistic about the future by helping us with career support and guidance