

Teaching psychological skills to young people

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Things you can
control yourself

HAND OF MENTAL WELLBEING

FOOD AND EATING HABITS

- What did you eat during the day?
- Did you enjoy a healthy snack every now and then?
- Who did you share your mealtimes with?
- Were you able to enjoy your meals at leisure or did you have to hurry?

SLEEP AND REST

- What time did you go to bed?
- Did you get enough sleep?
- Did you sleep well?
- Did you wake up feeling fresh and rested?
- Were you able to take it easy during the day?
- Did you have enough time to relax and rest?

PERSONAL RELATIONSHIPS AND EMOTIONS

- Who did you meet today?
- What activities did you do with your family?
- How did you feel during the day?
- Did you share those feelings with someone?
- Did you have time to listen to a friend?
- What made you happy or sad?

EXERCISE AND SHARED ACTIVITIES

- What type of activities did you do during the day?
- Did you have somebody join you?
- What type of exercise do you like best?
- How does exercise make you feel?

HOBBIES AND CREATIVITY

- What kind of fun things did you do?
- Did you do something creative?
- What kind of hobbies make you feel great?
- What do you find beautiful?
- How long did you spend watching TV or using the computer?
- Did you have somebody join you in these activities?

PERSONAL VALUES AND DAILY CHOICES IN VARIOUS SITUATIONS

- What kind of choices did you make that made you feel good?
- What do you value and consider important in your own life?



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The Finnish Association for Mental Health

- the oldest mental health organization in the world
- a non-governmental organization
- supports and promotes good mental health at all levels of society and in all spheres of life
- develops new models to promote mental health
- provides help and assistances in crises
- organizes volunteer activities in the Finnish society
- trains professionals and volunteers

Mental health

- Mental Health is a skill that can be learned, taught, supported and strengthened
- Everyone has mental health even if she or he has mental health problems, difficult life situations or crisis
- Everyone needs mental health even if she or he doesn't have mental health issues or problems
- Mental Health is the foundation for well-being



Best arenas and best promoters

Best arenas to promote mental health are the places and environments where children and young people spend time such as kindergartens, schools, **many arenas of youth work.**

Best promoters are parents and professionals working with young people such as Youth workers, Early educators, Primary school teachers, Lower and upper secondary school teachers, VET teachers, Coaches

Our approach: Mental Health within Health Education 2004 for grades 7-9

- No universal life skill teaching during the 90's in Finnish schools
- Skills of young people started to decline → e.g. increasing number of abortions
- This raised concern and seeking of the solutions began
- A proposal for a new compulsory subject Health Education for **all young people** age 13-16
- Teaching in schools began 2004 → Health Education taught by Home Economics, physical education, religion, biology were eligible to teach → by 2012 everyone teaching Health Education were required to have a university degree

Coping skills and safety net:

Seeking help, recognising and learning coping skills, knowing your safety net

Sexual health and safety skills:

Sexual growth, assertiveness, accepting myself and being accepted and feeling loved

Mindfulness skills and stress management:

Listening your mind and body, awareness

Interaction skills:

Friendships, social skills, assertiveness, empathy

Emotional skills:

Recognizing, expressing, accepting emotions

Mental health in everyday life:

Daily routines and healthy choices

Mental Health Skills

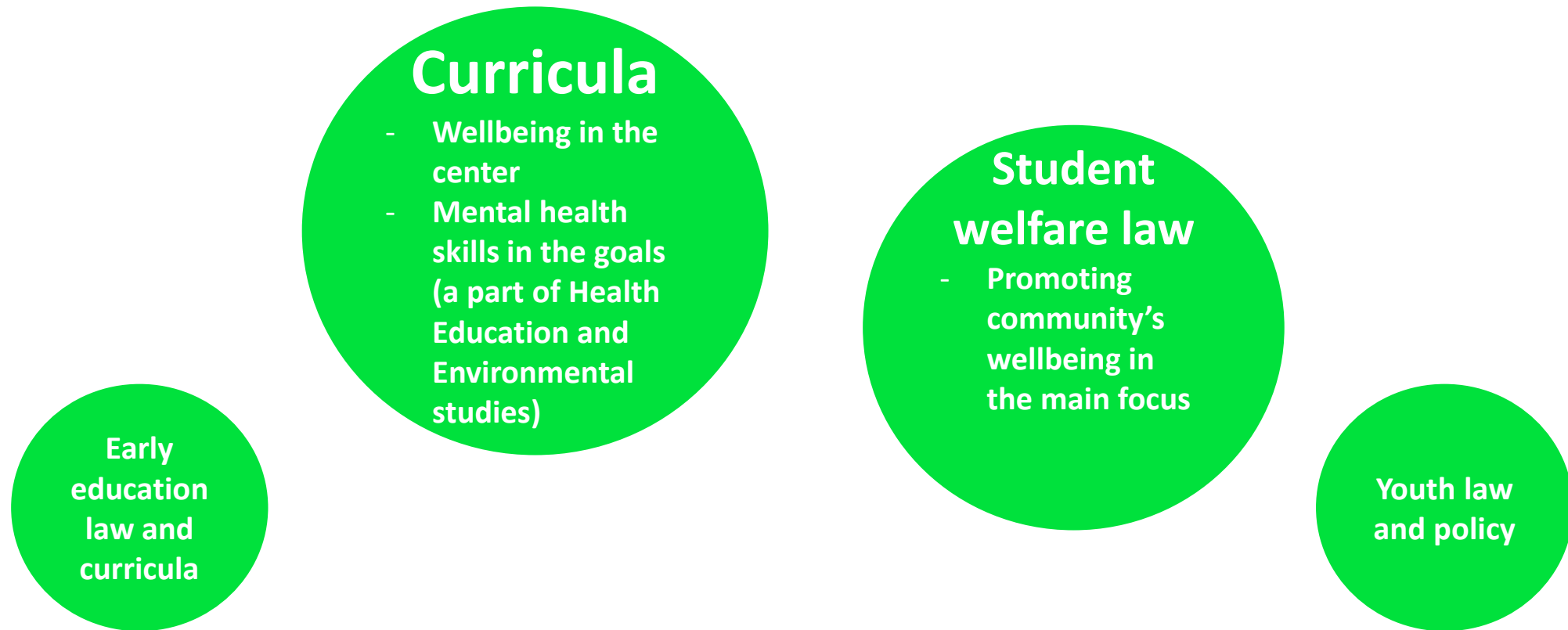
Self-knowledge:

Values, strengths, appreciation

Participation:

Able to influence your every day life and community's affairs, being heard and appreciated member of the group

Mental health promotion at schools today



Trained professionals

2000
High school
professionals

60 %
high schools

4000
early education
professionals

4000
secondary school
teachers

3500
elementary school
teachers

1500
Youth workers

Protective factors for mental health

Internal protective factors

- Many external and internal factors protect mental health. It is important for all of us to develop these.
- Social support, friends
- Good physical health and heredity
- Positive early relationships
- Sufficient self-esteem
- Feeling of being accepted
- Problem solving ability
- Ability to deal with conflict
- Interpersonal skills
- Ability to form and maintain relationships
- Possibility for self-fulfilment

External protective factors

- Possibility for education
- Job or another source of income
- Support from the work community and manager
- Feeling of being heard and ability to influence
- Safe living environment
- Public support system that is close by and easily accessible

**Psychological
skills;
training and
material
For all
professionals
working with
children and
young people**

**Youth
Work**

**Kindergarten
and child
health clinics**

**Elementary
school grades
1-6**

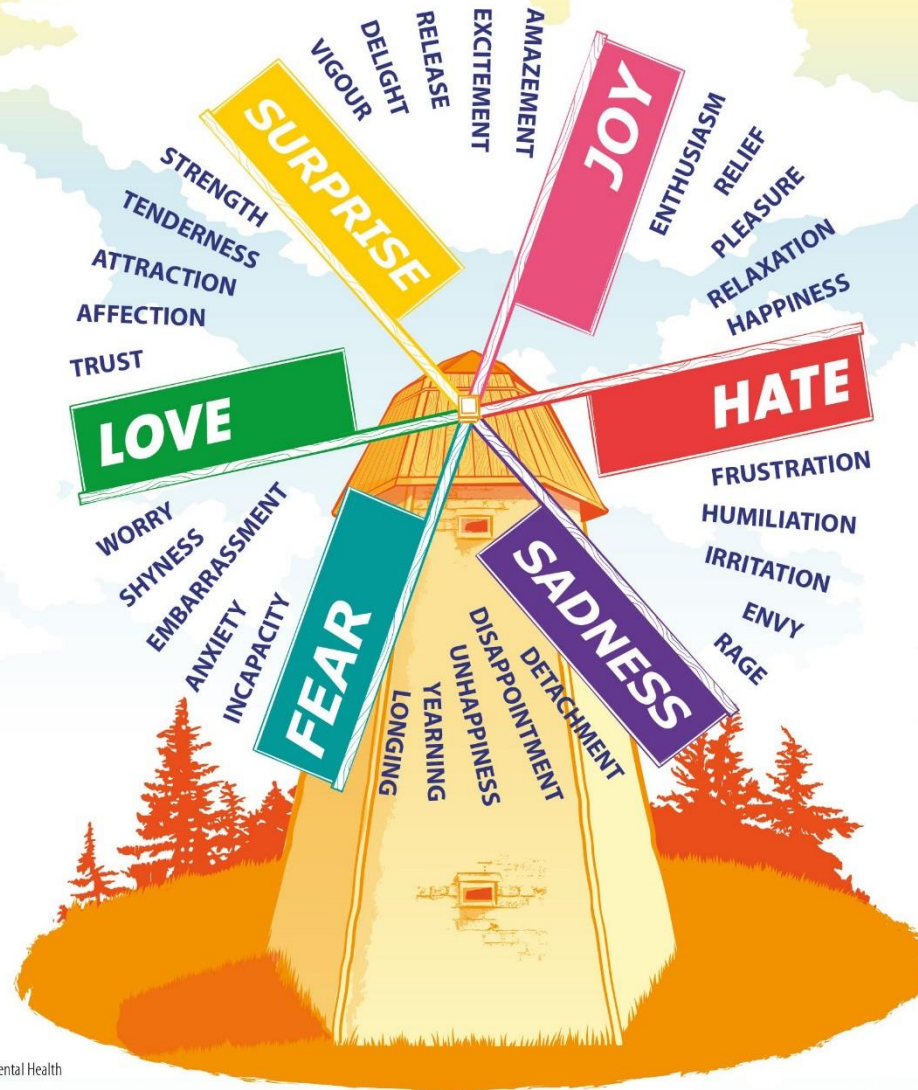
**Secondary
Education
and VET**

**School
grades 7-9**



Getting to know
your emotions

WINDMILL OF EMOTIONS



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Coping skills can always
be improved

COPING SKILLS

PHYSIOLOGICAL

- I go for a jog and enjoy the outdoors
- I do my favourite sport
- I relax
- I eat well
- I sleep enough

SPIRITUAL

- I seek sanctuary and hope from religion, ideas and values
- I ponder the meaning of life
- I pray, contemplate and quiet down

INTELLECTUAL

- I find out additional information about issues

CREATIVE

- I use my imagination
- I think positive
- I listen to myself
- I explore new ways to act

EMOTIONAL

- I laugh, cry, rejoice
- I talk about my feelings
- I express myself and my emotions: I dance, play an instrument, draw, paint, tinker, cook

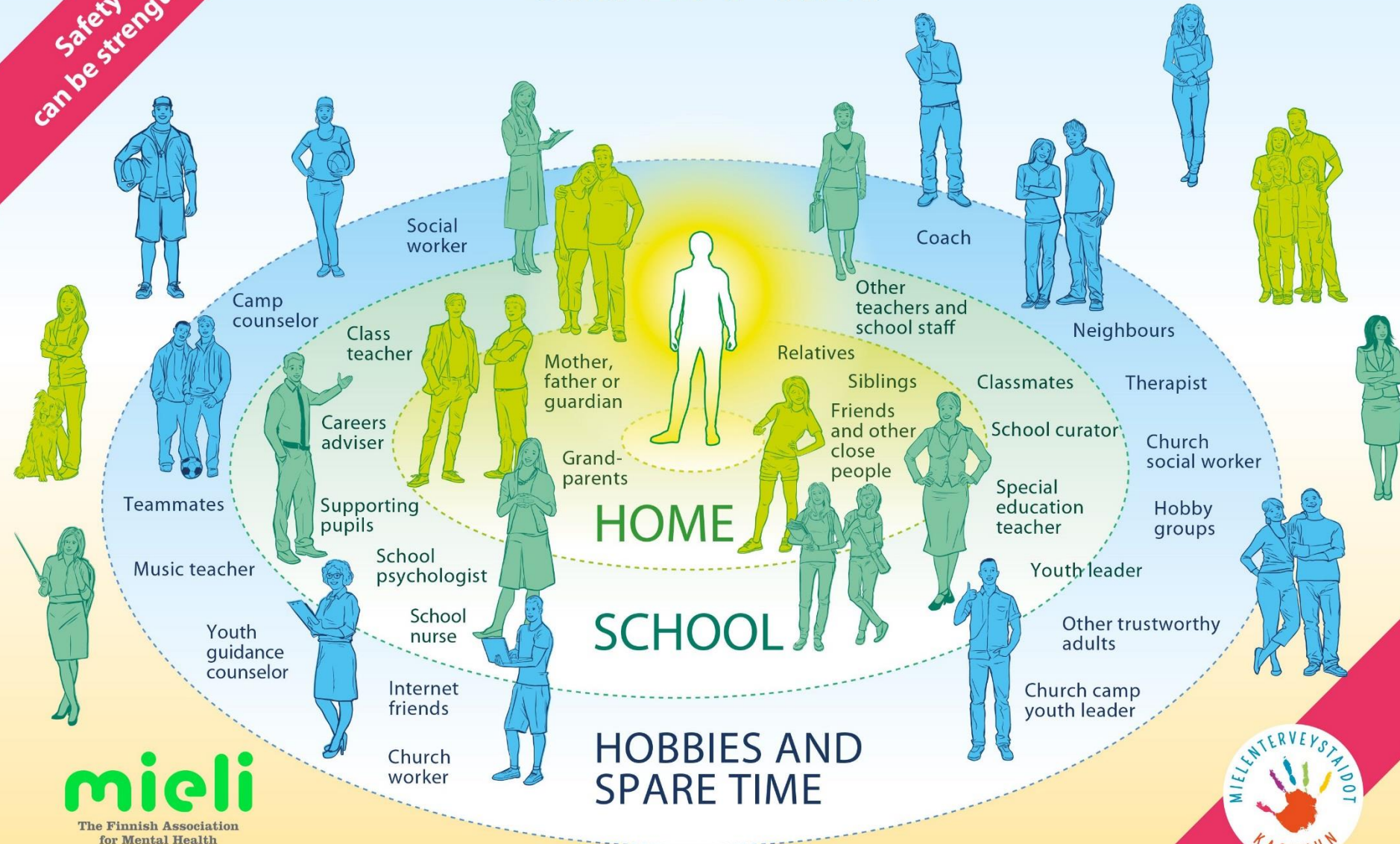
SOCIAL

- spend time with friends
- I attend group hobbies
- I accept/receive support and I also support others
- I share experiences with others

Ayalon 1995

Safety net
can be strengthened

SAFETY NET



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A vibrant beach scene featuring a sailboat with a tall mast and colorful kayaks (yellow, red, white, blue, and orange) lined up on the sand. The ocean has white-capped waves, and the sky is a deep blue with large, fluffy white clouds. The text "Take care of your self!" is overlaid in the center in a white, sans-serif font.

Take care
of your self!

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