

LMB Wellbeing

Key Terms

Conflict – a serious disagreement over a specific issue

Conflict resolution – methods applied to overcome a disagreement effectively to restore harmony in the relationships or bring about change

Self-esteem – how we value and perceive ourselves

Resilience – capacity to manage tricky situations or recover from set backs

Transition – a period of change

Reframing negative thoughts – notice when you have an unhelpful thought and change it into something positive e.g I am useless at this... I've not worked it out yet but I can do X

Social media use may increase feelings of anxiety and depression, specifically in teens and young adults. The addictive nature of social media activates the brain's reward centre by releasing dopamine. This is a "feel-good chemical" linked to pleasurable activities
Young people need to identify the influence and make choices to put the phone down, ignore content or talk to someone about how they feel.

Healthy strategies to promote self-esteem, quality sleep, spending time with friends and family, spending time in nature, focus on the positives, exercise, practise mindfulness.



Managing transition – recognise how you feel about the change and deal with those emotions, don't ignore them. Think about what you can control and make positive choices where you are able to do so. Talk to someone about how you feel.

6 Effective strategies to resolve conflict

Competing - who as the best solution

Collaborating – using the best bits of everyone's ideas to find a solution

Compromising – everyone gives up a little of what is important to them to find a solution

Avoiding – ignoring the issue to keep harmony

Accommodating – allowing the other person to have their say and complete it their way

Men's Mental Health

Whilst everybody's wellbeing matters the statistics tell us young men are at great risk of suicide. This is because of societal attitudes teaches young men not to share their emotions. We need to encourage a community where men can seek out the support to aid with the challenges they face in life.

Negative thoughts and thinking patterns seriously affects how we respond to challenges try, I am good at X, I can't do that yet, If I try X it might go well....

Access Help

