

5 SIMPLE BUT MEANINGFUL

Ways to Support

Difficulties faced by Youth during Challenging Times



1

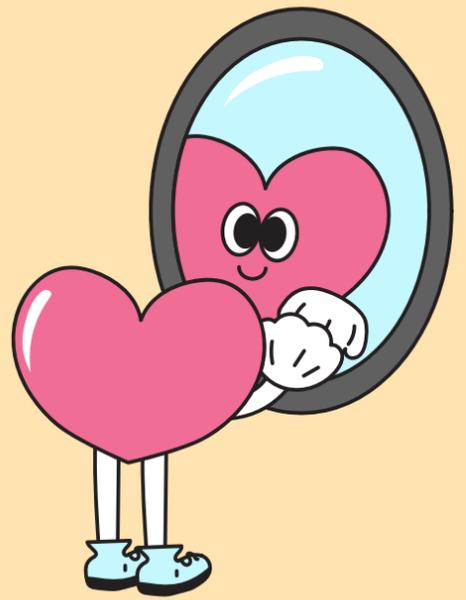
Active Listening

Listen without judgment or interruption to create a safe space for young people to express themselves. This small act of kindness can have a significant impact on their lives. If you like, you can look at this resource: YoungMinds - <https://www.youngminds.org.uk/>

2

Encourage Self-Expression

Encouraging young individuals to engage in creative activities, such as art or writing, can be a healthy outlet for self-expression. It empowers them to process their thoughts and emotions constructively, providing a therapeutic experience during difficult times. Here is a link to a video resource to help get started: <https://study.com/academy/lesson/self-expression-definition-examples.html>



3

Promote Healthy Habits

It is important to assist young individuals in fostering a healthy lifestyle by encouraging them to engage in regular exercise, consume well-balanced and nutritious meals, and get enough sleep. These habits promote both physical and mental well-being, which allow them to handle stress and difficulties more effectively. You can also provide guidance on how to establish a well-rounded routine that incorporates self-care practices. Here is a link to resource to explore things to do in the city: Fun Guide - <https://www.toronto.ca/data/parks/funguide/index.html#age=&barcodes=&district=all&kw=&view=>

4

Provide Resources and information

Equip youth with information and resources that can help them navigate challenges. This could include sharing relevant articles, books, or online resources about resilience, coping strategies, and mental health. Knowledge can empower them to make informed decisions and build resilience.



5

Facilitate Connection

To help young people feel less isolated and provide them with opportunities to share experiences and advice, it is important to encourage positive social connections by organizing group activities or discussions. Creating a supportive community can be beneficial, whether it's done in-person or virtually. Especially during difficult times, fostering connections is essential.