# BRIDGE

## MENTAL WELL-BEING
## Building Resilient compulsory schools through an IntegrateD and EmpowerinG approach to wEll-being

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# Mental well-being awareness

Increase mental well-being by:

- informing
- educating
- reducing the stigma around mental health
- Inspiring to mental well-being activities

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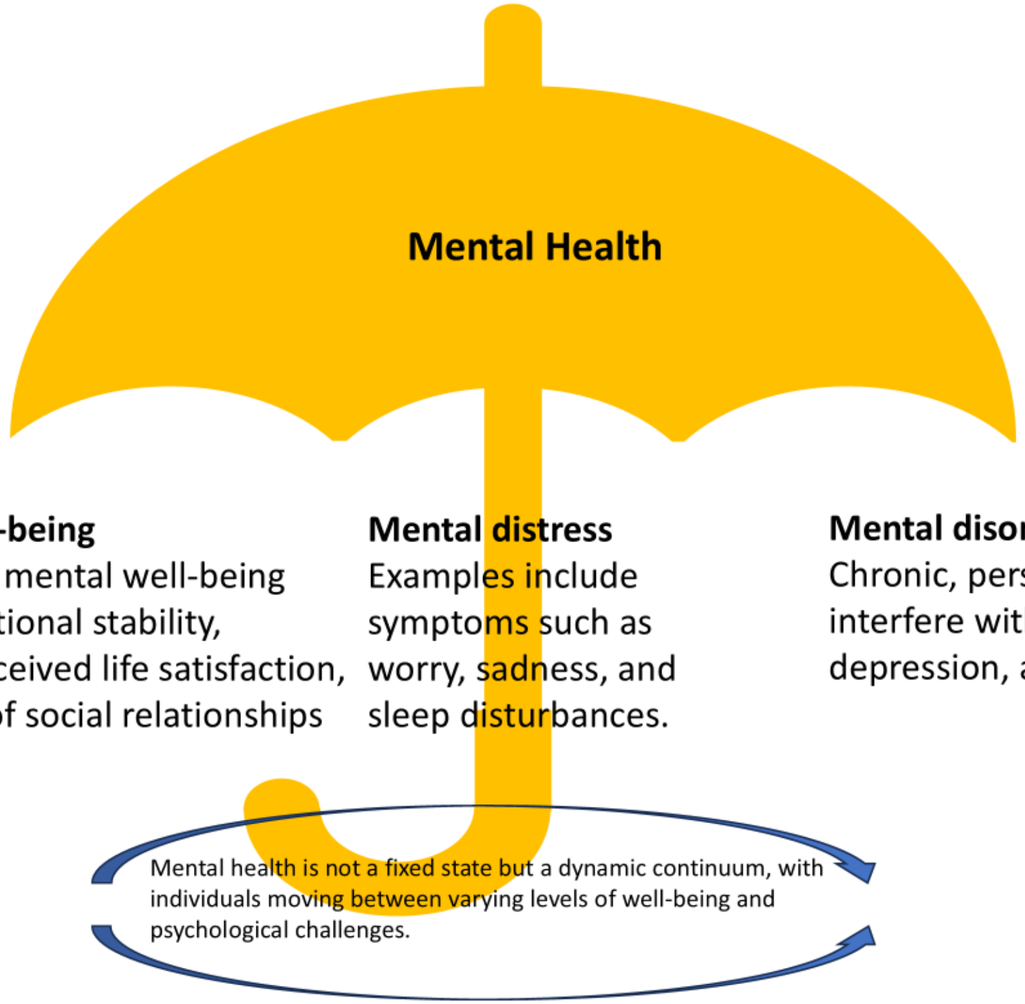
# Mental health- an umbrella term




**Mental Well-being**
Indicators of mental well-being include emotional stability, thriving, perceived life satisfaction, and quality of social relationships

**Mental distress**
Examples include symptoms such as worry, sadness, and sleep disturbances.

**Mental disorder**
Chronic, persistent symptoms that significantly interfere with daily functioning. Examples include depression, anxiety, and sleep disorders.

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# The importance of promoting Mental Well-Being in Childhood and Pre-Teens

1. Bodies and brains develop rapidly, creating opportunities for growth and learning
2. Children begin to reflect more deeply, building problem-solving and coping skills.
3. Emotional ups and downs are normal and can strengthen resilience over time.
4. Relationships become a key source of support, belonging, and confidence.

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# Protective Factors in Childhood and Adolescence

**Protective factors are essential because they help children and adolescents build resilience, maintain mental well-being, and adapt successfully to stress and life changes.**

Examples include

- **Develop the ability to put feelings into words**
- **Learn interpersonal and communication skills**
- **Manage and express emotions in healthy ways**
- **Acquire coping strategies for stress and change, including awareness of emotions, abilities, and personal strengths**
- **Engage in regular physical activity to support mental and physical well-being**

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# Resilience – can be learned


*"Strengthening your resilience is like training a muscle. It needs some time – time well worth investing in. By focusing on strengthening your resilience and growing with the challenges, you get an inner tool that assists you when you experience stress and live through various challenges."*

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# Teachers strengthen children's resilience everyday

Resilience is the capacity to cope with stress and setbacks, and to return to a state of balance or even grow stronger after challenges. Teachers play a crucial role in fostering resilience by creating safe, supportive, and structured environments where children can thrive.

- Being present and listen
- Providing tools for learning
- Helps with emotional regulation
- Creates rules for relationships
- Creates security through routines and repetition
- Serves as safe adults

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# The PERMA Model

Conceptualizes well-being through five core elements: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment.

- Promotes well-being by enhancing positive emotions, meaningful relationships, and engagement.
- Strengthens resilience: Meaning and Relationships provide support and motivation during adversity. Accomplishment fosters competence and confidence. Research shows higher PERMA levels are associated with faster recovery from stress and greater life satisfaction


## Application in Education:

The five pillars can serve as a framework for promoting mental well-being. By focusing on these elements, educators can create environments that support resilience, motivation, and overall flourishing.

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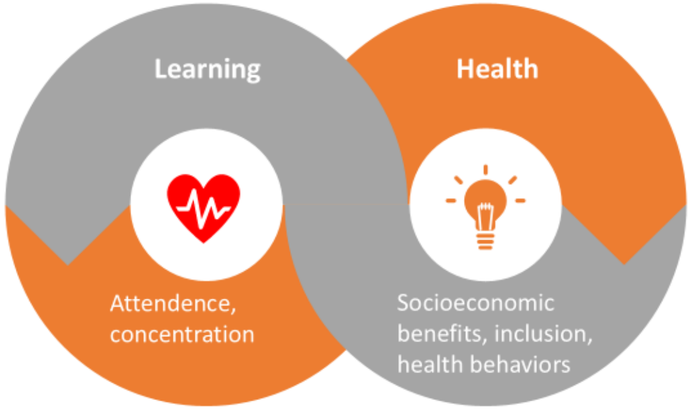
# Why focus on well-being in schools?

## Health for learning – learning for health




Learning → health and well- beeing → better conditions for achieving learning objectives

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# Well-being in the moment broaden

- Openness to new idéas and possibilities
- More initiatives for socialization
- Help and support
- Memory and learning

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# Well-being over time builds

Positive emotions as

- Feeling appreciated
- Confidence
- A sense of belonging
- Strengthens our psychological, social, cognitive, and physical resources.
- Increase awareness …

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# Long term well-being buffers

- Away from the survival mode
- Boost coping ability
- Improve resilience.
- Builds resources


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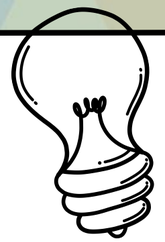


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