



ARTIVISM SUMMARY



THE COPING MECHANISMS YOUNG PEOPLE TOLD US ABOUT



Nature and the outdoors

Young people consistently described nature as calming and regulating. They use:

- walking, biking, swimming, exploring
- sensory experiences (waves, quiet, fresh air)

What we should hear: “I need calm, space and quiet to manage my feelings.”



Animals

Pets and animals help young people feel safe, relaxed and happy. Comfort items (teddies, plushies) are used to self-soothe and regulate emotions.

What we should hear: “I need comfort, closeness and something that helps me feel safe.”



Creativity and Imagination

Drawing, colouring and crafting help young people process emotions. Even older young people use symbolic art to express complex feelings.

What we should hear: “This is how I express feelings I can’t always say.”



Music

Listening to music “calms me down” and “clears my mind”. Dancing and movement provide sensory comfort.

What we should hear: “I’m actively trying to manage how I feel by connecting with sound and body.”



Relationships and Connection

Family and friends help young people feel loved, understood and supported. They value talking openly and being listened to with kindness and reassurance.

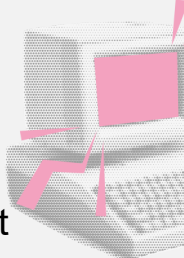
What we should hear: “I need someone to listen, understand and stay connected to me.”



Play, Hobbies and Distraction

Games, sports, reading and play help reduce stress. Play is especially important for younger children but older young people need play activities too.

What we should hear: “I need time to switch off and just be a child.”





Inspiring Young Voices

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KEY TAKEAWAYS



★ Coping is already happening

Young people are finding their own strategies and adapting their environments to support themselves.

Young people don't lack resilience, they need support to strengthen what already works.

★ Regulation, not "fixing", is the priority

Young people are not asking for problems to disappear, they are looking for support to cope with them.

Support should focus on managing emotions, not eliminating them.

★ Small things matter enormously

A hug, a listening ear, the chance to play outside, these things can have the greatest impact.

Micro-interactions = major impact on wellbeing.



★ Play and creativity are essential, not optional

Imagination, drawing, and play were highlighted over and over again. Even older young people use symbolic art to express complex feelings.

Creative outlets are coping tools, not just leisure activities.

★ Relationships are the strongest protective factor

Young people value being listened to, sharing experiences and having emotional validation.

Mental health support should be relational, not just individual.



FURTHER SUPPORT



Website: www.mikeyline.co.uk

Textline: 07786207755 **Whatsapp:** 01463729000

Webchat: www.mikeyline.co.uk

Messenger: www.facebook.com/Mikeyline

Available: Sunday to Thursday 18:00 - 22:00

Friday & Saturday 19:00 - 07:00

Face to Face / Online / Tel Appointments:

<https://oursupport.mikeyline.co.uk/appointments>

Website: www.ewensroom.com

Contact: [01967 401130](tel:01967401130)

Facebook: www.facebook.com/ewensroom

Email: info@ewensroom.com

Open Door Sessions:

Fort William, Library, Tues 10.30 - 12.30 PM

Acharacle, Community Centre, Wed 11 - 1 PM

Mallaig, Library, Wed 10.30 - 12.30 PM.

Arisaig, Astley Hall, Thurs 10 - 12 PM

Strontian, Sunart Centre, Thurs 11 - 1 PM

Kinlochleven, Library, Fridays 10.30 - 12.30 PM

