



Healthy Young Minds is about young people co-producing an intervention to promote well-being, increase resilience & reduce anxiety through nature.

## Inspired by nature

**Many young people face poor mental wellbeing due to exam stress, bullying, body image worries, and climate anxiety.**

**Rural youth experience additional disadvantages of social and infrastructure barriers, including stigma and isolation.**

**Early, nature-based interventions may reduce anxiety, build resilience and improve young people's mental health.**

Poor mental health in young people poses a significant health challenge, nationally and globally. More should be invested in promoting young people's mental health.

'On my Mind: The State of The World's Children 2021' UNICEF



# The project workshops and interventions

Over a series of workshops, run by Ewen's Room, the participating school groups learnt about the five ways to well-being and the role of nature in reducing stress and boosting mental health.

Through the learning from the workshops, and considering their own environments, each school group designed an intervention which they felt would support the mental wellbeing of young people living in rural areas.



Intervention ideas included camping, picnics, paddleboarding, team sports on the beach, outdoor café, fire-building, fun family activities, hill-walking, wild swimming, volleyball, board games, natural crafts, fishing, football, and beach combing.

Each idea was given developmental feedback from experts on green health, outdoor interventions, and young people's mental health, together with young people (under 25).

The young people then voted for their favourite intervention.



The HYM team worked with 30 students, aged 12-14, in five rural High Schools across the Highlands of Scotland.

## What they said

### Highland school head teacher:

Q: In your view, are nature-based interventions helpful for supporting young people's mental wellbeing at your school?

A: "They are essential - a lack of services in rural areas means that people have to learn what interventions or activities work for them to improve their wellbeing. In a rural area, the chance to use nature as a resource is a big opportunity. This has to be learned about, instilled during their time at school so they can use this learning as an adult."

### Student feedback:

What's different since taking part?

"I go outside more"

"I think about other people more"

What have you enjoyed most?

"How everyone really shares opinions and discusses everything"

"I have enjoyed being outside"

## 5 ways to wellbeing



Connect with other people



Learn new skills



Give to others



Be physically active



Take notice of the little things

### Research Team

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