

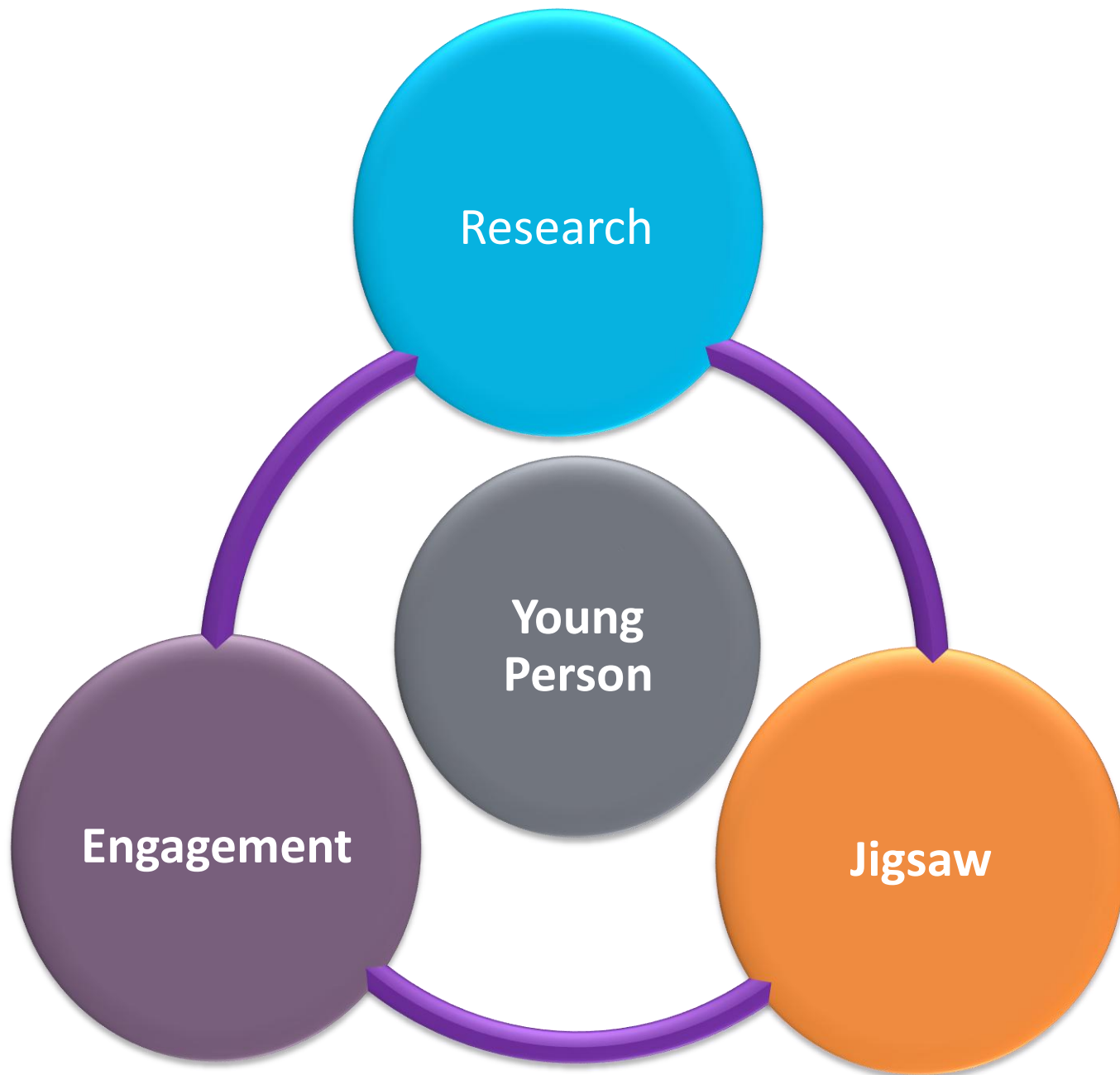
HEAD STRONG

Leading the change
in youth mental health

Aoife Price

Youth Advisory Panel Member





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The National Centre for Youth Mental Health

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The National Centre for Youth Mental Health

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YOUNG PEOPLE
HEALTH

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JIGSAW

Young people's
health in mind

"Comfortable, relaxing
environment. Friendly
and welcoming
experience."

"I really liked all the
colour and how bright
it was because it made
it very happy and
friendly looking"



JIGSAW

Young people's
health in mind



"You feel at home in Jigsaw. Everyone who works here is so nice, kind, considerate + genuine. Thank you so much :)"

"I really felt like the person working with me really cared."

Youth Learning Network



Peer Education



Writing

6 THE IRISH TIMES HEALTHplus

Tuesday, July 17, 2012

YOUR HEALTH

Allowing our inner butterfly to emerge

MIND MOVES

AOIFE PRICE



Sometimes we need to take time out for ourselves

IT WAS one of those conversations that tends to happen at the end of the week, when everyone is giddily looking forward to the weekend. While we were sitting around the table having a cup of tea, one of the girls asked: "If you were an animal, what would you like to be?"

I decided I would like to be a butterfly. On the rare occasions when I cross paths with a butterfly, I am always struck by their elegance, beauty and the sense of freedom I feel when I am near one.

I don't know why, but the conversation sat with me for the next few days. I began thinking about how people are similar to butterflies.

The butterfly starts off as an egg just as we do. The egg then hatches to become a caterpillar. When I think of

a caterpillar, I think of a slow and sluggish creature, requiring lots of effort to move but not getting very far. This is something I believe we can all relate to: having periods in our lives where we make lots of effort with little progress to show for it. The caterpillar later withdraws into a cocoon and takes time before emerging as a butterfly. Like the butterfly, we too need to take time for ourselves.

The life cycle of the butterfly follows a set pattern. People's lives, on the other hand, are constantly changing, and life throws up unexpected challenges such as illness, bereavement and stress. There are times in our lives where we become dependent and vulnerable, the pace we want is not always the pace we are at, and there will be times in all of our lives where we need to withdraw from

the chaos and take time out for ourselves. We all have different levels of resilience. Some people find a simple walk, when they have time to appreciate everything around them, such as the trees, flowers and shape of the clouds, is enough to allow the butterfly in them to cope with everyday stresses and strains.

A walk in the park may not work for everyone, but it's important to find what works best for you. I am most relaxed when I'm painting. Both my body and mind become immersed in what I am creating. Knowing that each stroke contributes to the finished piece allows for full concentration and in that space I don't think or worry about anything else. Painting is one of those things where you are allowed to let everything go and make a mess.

These daily experiences contribute to overall wellness. However, there may be other times in our lives, particularly in times of stress and upset, where this level of cocooning will not sustain everyone's needs. Some people need to take longer periods of time out: similar to the process of the cocoon, they may need to take days or months and will need

“If we swipe at the butterfly we damage its wings. The same can happen with the people we encounter

the support of others to help their

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ENGAGEMENT JIGSAW RESEARCH BLOG

The Strong Woman

MARCH 6, 2015 - BY HEADSTRONG

Irish women are great talkers. I love to sit with the women in my life and chat for hours over several cups of tea. We talk about everything, our own lives, other people's and everything in-between. I am lucky to have strong women in my life that I can talk to about anything including things that upset me. I haven't always been as forthcoming about things that upset me. These can be very difficult things to talk about. I really believe that this needs to be emphasised. Because of our talkative nature there is a misconception that it is easy for women to talk about things that upset them. That it is second nature to them. The truth is it's not, and if you tune into women's conversations around you, you will notice that a lot of women are talking but what are they talking about?



I really believe that women need to support each other and ask the question, how are you? Not in passing, but really ask, and be ready to hear the honest answer. As well as it being difficult to talk about things that upset us it can be difficult to hear that a friend is upset or having a hard time. If someone opens up to you, they trust you enough to confide in you. Often all they will need you to do is to listen to them. It takes a strong woman to talk about how she really feels, it also takes a strong woman to listen to those who open up to her.

Policy Development



An Roinn Leanaí
agus Gnóthaí Óige

Department of
Children and Youth Affairs



Number 25 of 2001

MENTAL HEALTH ACT, 2001

External Engagement



CAMHS
Advisory
Group



SPARKS

