Teen Minds: How are they coping?

Our most recent study revealed that more than 4 million teenagers have experienced poor mental health since the beginning of the pandemic in the UK.

Getting active: Some behaviors can impact mental health, including bingeing. It reduces symptoms of anxiety and depression, and also helps you lose the weight. The added benefit of maintaining social contact with friends and family. However, it’s possible that excessive TV viewing or spending too much time on the computer can be a sign of overdependence. If your child’s gaming means they are missing other important activities, such as eating, sleeping, and washing, it can be an act of self-care, it’s important to keep an eye on excessive spending.

Reading and watching television: Entering into a good book or watching TV shows can help to relax and distract, especially when you’re feeling stressed. However, it’s possible that excessive TV viewing or spending too much time on the computer can be a sign of overdependence. If your child’s gaming means they are missing other important activities, such as eating, sleeping, and washing, it can be a sign of overdependence.

Spending time with family: If you are a Bupa UK private medical insurance customer you can get support, advice, guidance and support even if your child does not have Bupa health insurance. Free support and guidance is available at bupa.co.uk/teenage-mental-health.

Controlling food intake: This pandemic has presented a great level of excessive eating, or indeed not eating enough, to cope with feelings of distress. Using excessive eating, or indeed not eating enough, to cope with feelings of distress. Using food as a coping mechanism to manage overwhelming negative emotions—this becomes a problem in cases where children feel free to talk about their worries. Call the Bupa Family Mental HealthLine on 0345 266 7938 between 8am – 6pm, Monday to Friday.

Drinking and smoking: This pandemic has presented a great level of excessive eating, or indeed not eating enough, to cope with feelings of distress. Using excessive eating, or indeed not eating enough, to cope with feelings of distress. Using food as a coping mechanism to manage overwhelming negative emotions—this becomes a problem in cases where children feel free to talk about their worries. Call the Bupa Family Mental HealthLine on 0345 266 7938 between 8am – 6pm, Monday to Friday.

Picking skin or pulling hair: This pandemic has presented a great level of excessive eating, or indeed not eating enough, to cope with feelings of distress. Using excessive eating, or indeed not eating enough, to cope with feelings of distress. Using food as a coping mechanism to manage overwhelming negative emotions—this becomes a problem in cases where children feel free to talk about their worries. Call the Bupa Family Mental HealthLine on 0345 266 7938 between 8am – 6pm, Monday to Friday.

Social networking: Friends are fundamental to the wellbeing of adolescents. They have the added benefit of increasing social interaction with friends and family. However, it’s possible that excessive TV viewing or spending too much time on the computer can be a sign of overdependence. If your child’s gaming means they are missing other important activities, such as eating, sleeping, and washing, it can be a sign of overdependence.

Gaming: Spending time online—video games can be enjoyable to mental health as they help children and teens relax and have fun. There are also social benefits if your child’s gaming means they are missing other important activities, such as eating, sleeping, and washing, it can be a sign of overdependence.

Splashing out on treats: While splashing out on the odd treat can be a welcome distraction, there are also social benefits if your child’s gaming means they are missing other important activities, such as eating, sleeping, and washing, it can be a sign of overdependence.

Free support and guidance is available at bupa.co.uk/teenage-mental-health. If you are concerned about your child’s mental health or any coping mechanisms they have adopted.