

Wellness Together: Cultivating Community and Mental Health

centering youth and young adults

Part 1: Typical adolescent development is characterized by a flurry of changes that equip everyone with the essentials to being an adult member of our communities. Set a 10-minute timer to **draw** out the changes that we can expect every adolescent to experience in each of the following four categories.

Mental or changes in how we think.	Emotional or changes in how we feel
Physical or changes in how we look.	Social or changes in how we connect with others.

Compare your drawing with the overview in [this 3-minute video](#).

Part 2: Leveraging relationship to explore individual experiences of mental health. As youth and young adults navigate these typical changes in a drastically modern landscape it may be challenging for supporting adults to know when a behavior is associated with typical changes versus a mental health challenge. The 4Ls can help us discover a baseline of what is 'normal' rather than just typical for youth in our programs. Consider exploring the 4Ls with the youth you support (you can answer these for yourself too).

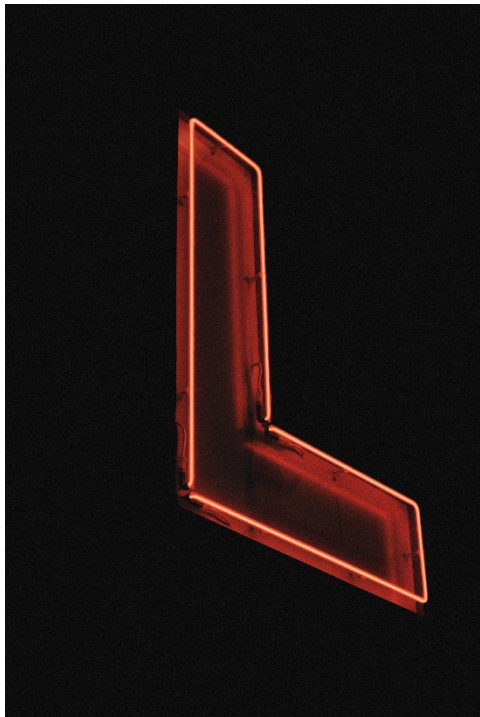


Photo by [Samuel Regan-Asante](#) on [Unsplash](#)

- **Live:** What lets them know they are well?
- **Love:** Who or what makes them feel valued? How do they let others know they value them?
- **Laugh:** What brings them joy?
- **Learn/work:** What stimulates their curiosity? At their best, how do they respond to mistakes?

If you're feeling inspired, consider two more Ls:

- **Language:** What language do they need/wish those around them had to engage in effective conversations that can be vulnerable? What language makes them feel able to express themselves?
- **Listen:** Whose words do they trust? What helps them hear other perspectives?