

## “De e lugnt” – stress coping for 16-20 year olds

**Presentation:** Poster session or workshop.

**Theme:** Mental health and resilience

**Authors:** Miivi Selin-Patel, miivi.selin-patel@folkhalsan.fi  
Nina Martin, nina.martin@folkhalsan.fi, Folkhälsans förbund.

**Keywords:** Stress coping, engagement, peer-support

### Special learning

Engagement and empowerment, sustainable solutions, collaboration, enhancing mental wellbeing, promoting health behaviors, strengthen engagement

### Background

Mental wellbeing among young people seem to decrease in Finland. Based on the trend of disability pensions in young adults, and health surveys conducted in secondary schools, the prevalence of those with poor mental health at different levels is increasing. One of the main underlying factors for this is stress.

### Target group

Swedish speaking 16-20 year olds

### Central activities/actions

The project started with a needs assessment which included focus groups, literature reading and a survey about perceived stress, sleeping habits and health behaviors. The survey highlighted the relevance of this project and gave a road map for further action. From 2017 we will organise peer-support groups, workshops and launch a website.

### Expectations of results

The project aims to increase the target groups knowledge of stress and stress coping which works on a preventative level. Engagement among the youth has increased and they feel a sense of control and empowerment of their own recovery. After the project the website will live on and function as a information portal about stress management. The methods developed will be used within Folkhälsan.

### Actual results

The survey shows that 74% believe that stress is a problem among youth and 26% of respondents have not felt rested in the last month. 31% feel they don't get support in managing their stress. We are in the process of arranging peer-support groups and a website that will engage the youth.

### Process

Empowerment and participation are central throughout the project. The website is made for youth by the youth. If the youth do not engage in the project adjustments to reach and include them are needed. We need to constantly listen to and flexibly adjust methods to suit the target group. An open channel of communication is essential.

### Documentation enclosed

The project plan and results from the survey.