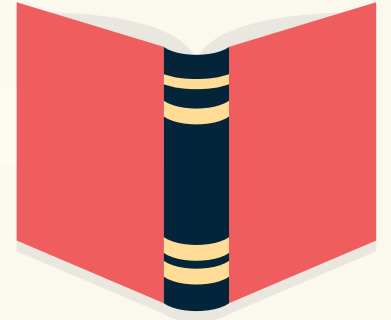
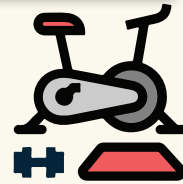
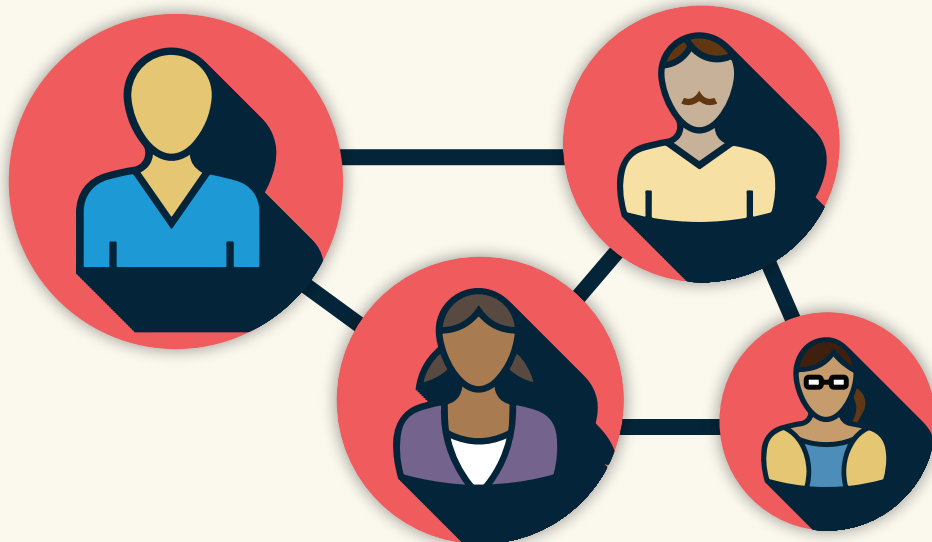


THE IMPORTANCE OF CONNECTING MENTAL WELL-BEING AND PHYSICAL HEALTH FOR YOUTH AND YOUNG ADULTS



Youth and young adults (YYA) consider health decisions broadly. Concerns about other parts of their lives impact their decision-making processes, including factors like **housing**, **education**, **social network**, and **physical activity**.ⁱ



For YYA, the support of social networks reduces perceived discrimination about race, ethnicity, gender, age, and sexual orientation and **increases social well-being**.ⁱⁱ

TAKE ACTION on the next page!



TAKE ACTION

(for medical, mental health, and substance use disorder providers):

- Ensure continuity in care through **transition from pediatrics to adult care**. YYA may find that the care they receive as adults is not like the care they had as kids. YYA may choose to opt out of any or all services as they become system weary and wary.
- **Start the discussions** and plans for transition early, including young people in each step so they can be prepared for each change in their care
- Stress a **holistic view of care** to include the importance of specialty services (eyes, teeth, etc.) that have a long-term impact on their bodies and overall health
- Incorporate **Eight Dimensions of Wellness** in service planning: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual wellness
- Focus on various dimensions of wellness, including attention to **various pillars of health**, like sleep, proper nutrition, exercise, and stress management through strategies, such as yoga, meditation, hobbies, and social supportsⁱⁱⁱ
- Ensure services are **developmentally- and culturally-informed**, making modifications to existing services or initiating entirely new approaches
- Engage diverse young adults in designing and implementing programs and services for YYA. **Youth M.O.V.E.** underscores the importance of a youth-driven approach in the process of change to ensure improved outcomes, increased effectiveness, and higher engagement of young people by including them in each step.^{iv}
- **Support workforce training for providers** to develop the skills and knowledge needed to work with YYA and their families

ⁱ Joseph, R., Royse, K., Benitez, T. & Pekmezi, D. (2014). Physical activity and quality of life among university students: Exploring self-efficacy, self-esteem, and affect as potential mediators. *Quality of life research*, 23(2), 659-667. doi: 10.1007/s11136-013-0492-8.

ⁱⁱ Bobowik M., Basabe N., Włodarczyk A. (2017) Only real when shared: Social well-being, collective efficacy, and social networks among immigrant emerging adults in Spain. In: Dimitrova R. (eds) *Well-Being of Youth and Emerging Adults across Cultures*. Cross-Cultural Advancements in Positive Psychology, vol 12. Springer, Cham. doi: 10.1007/978-3-319-68363-8_11.

ⁱⁱⁱ Edwards, D. (n.d.). Pillars of Health. Retrieved from <https://www.primalplay.com/12-pillars-of-health>

^{iv} Youth MOVE National. (2014). What helps what harms: Youth MOVE's National Policy Initiative. <https://www.youthmovenational.org/images/downloads/WHWHNationalFINAL.pdf>

- Book Vector: Vecteezy.com

