

Helping young people better navigate life stresses

Early Adolescent Skills for Emotions (EASE) is a practical, evidence-based program that helps young adolescents build skills to manage emotions, reduce stress, and handle everyday challenges with confidence.

Early adolescence can be a tough time.

Emotions feel bigger, stress feels heavier, and many young people don't yet have the tools to cope.

What Is EASE?

EASE is a social emotional learning curriculum developed by the **World Health Organization (WHO)** focusing on structured, skills-based mental health activities. It focuses on teaching simple, proven strategies that help young people:

- Understand and manage strong emotions
- Reduce stress and anxiety
- Improve problem-solving skills
- Build resilience and confidence

EASE is not therapy. It is a **practical skills program** that can be delivered in schools, community settings, and youth programs by trained facilitators.

Purpose	<i>Early Adolescent Skills for Emotions (EASE) is an evidence-based group psychological intervention to help youth manage day-to-day problems (e.g., stress and symptoms of anxiety, depression).</i>
Audience	<i>Youth 10-14 years old and their caregivers</i>
Format	<i>7 group sessions for adolescents and 3 additional group sessions for caregivers.</i>



How EASE works

EASE is delivered in **small group sessions** using simple language and interactive activities. The program focuses on building real-life skills that young people can use right away.

Participants learn how to:

- Notice and understand their emotions
- Calm their bodies and minds
- Break down problems into manageable steps
- Practice helpful thinking patterns
- Strengthen positive behaviors and routines

Caregivers also attend three sessions so they are able to support their family and reinforce these skills at home.

Why ArcaMind?

At **ArcaMind**, we specialize in bringing **evidence-based mental health programs** into real-world settings. Our approach is:

- Practical and easy to understand
- Culturally responsive and community-centered
- Designed to be delivered by non-clinical facilitators

ArcaMind provides expert facilitators, implementation support and ongoing guidance and technical assistance.

Whether you are a school administrator, community leader, or youth-serving organization, we can help you bring EASE to the young people you serve.

Contact ArcaMind today to explore how EASE can support the emotional well-being of young people in your community.

**218-786-5829 or
info@arcamind.com**

Why EASE Matters

Many young people struggle in silence because they don't know how to talk about their feelings or ask for help. EASE helps bridge that gap by:

- Normalizing emotional challenges
- Teaching skills before problems become crises
- Making mental health support accessible and stigma-free
- Strengthening the role of families, schools, and communities

By building skills early, EASE helps set the foundation for lifelong emotional well-being.



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