



M.Y.O ON THE BLOG

Nurturing Young Minds: The Power of Self-Love and Mental Awareness

Life in Nairobi's slums can be tough, especially for children and young people. Every day comes with its own struggles—whether it's dealing with poverty, family issues, or the pressures of simply growing up. In the midst of all this, their mental well-being often gets overlooked. But here's the truth: children's feelings matter. Their thoughts, emotions, and dreams are just as important as their physical health. And when they don't get the emotional support they need, it can leave them feeling lost, alone, or unworthy. At Maisha Yangu, we believe every child deserves to feel loved, valued, and supported. That's why we use art and education to help young people express themselves, share their stories, and build confidence. Because when children learn to love themselves, they start believing in their own potential.



Why Mental Health Matters for Children.

Think about a time when you felt stressed, anxious, or overwhelmed. Now imagine feeling that way as a child, but not knowing how to explain it or who to talk to. Many young people in our communities are going through exactly that. Some feel invisible—like no one notices their struggles. Others have learned to keep their emotions bottled up because they've been told, "Be strong, don't cry." But being strong doesn't mean suffering in silence. True strength comes from understanding your emotions and knowing that it's okay to ask for help.

The Power of Self-Love.

Self-love isn't just about saying nice things to yourself (although that helps too!). It's about recognizing that you matter. That your thoughts and feelings are important. That you are enough—just as you are. For young people, self-love can look like:

- ✓ Speaking kindly to themselves instead of putting themselves down
- ✓ Expressing their emotions through art, music, or storytelling
- ✓ Knowing that it's okay to ask for help when things feel overwhelming
- ✓ Surrounding themselves with people who uplift and support them



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The Power of Self-Love.

At Maisha Yangu, we create safe spaces where children can explore their emotions and discover their strengths. A simple drawing can help a child express feelings they struggle to put into words. A story can help them make sense of their experiences. Through creativity, they begin to heal.



How We Can Help?

Supporting the mental well-being of young people doesn't have to be complicated. Sometimes, it's as simple as listening—really listening—to what they have to say. Other times, it's about reassuring them that they are not alone. At Maisha Yangu, we're doing this through: Art Therapy Sessions – Using painting, music, and storytelling to help kids process emotions Workshops on Mental Health – Teaching young people about self-care and emotional well-being Peer Support Groups – Creating a community where children and youth can encourage each other Family & Community Engagement – Helping parents and caregivers understand the importance of mental health



A Brighter Future Starts Here

Imagine a world where every child grows up knowing they are loved, capable, and enough. Where they have the tools to navigate life's challenges with confidence. Where no child feels alone in their struggles. That's the future we're working towards at Maisha Yangu. And with your support—whether through a kind word, an open heart, or simply spreading awareness—we can make this vision a reality.



#When children feel seen, heard, and loved, they don't just survive. They thrive.