

Building Resilience In Post-Covid *youth work*



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Antwerp, Belgium



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PROJECT SUMMARY

The COVID-19 global health emergency and its economic and social impacts have disrupted nearly all aspects of life for all groups in society. People of different ages, however, are experiencing its effects in different ways. For young people, and especially for vulnerable youth, the COVID-19 crisis poses considerable risks in the fields of education, employment, mental health and disposable income. New normal has got its place everywhere. Today's communities have to deal with social challenges more than ever. Council of Europe and EU Commission defining Covid's serious negative effects on youth sector and holding ongoing studies and it shown that various social problems such as violence, conflicts, alcohol and drug usage, depression obesity, anxiety and attempting suicide slightly increasing among young people in this regard.



"Building Resilience In Post-Covid Youth Work" is a training course aims to equip youth workers with resilience, to explore and practice new tools in stress management through meditation, connecting with nature, mindfulness, analyzing stress factors and realizing the effects of them in their bodies and minds, enhancing their creativity, empathy and decision making skills; so they better understand and practice these tools for increasing the quality of their youth work after Coronavirus impact. The project fills a gap of common needs of partner organisations to equip their youth workers with modern resilience techniques as an alternative and powerful educational solution in post-covid youth work for recovery. During the mobility, participants have designed a Toolbox and digital outcomes responding to the need of youth workers to be mindful, stronger towards Pandemic and crises.



SHORT VIDEOS EMPOWERING RESILIENCE

Participants have created short videos during the training course and shared it across social media.



GOOD PRACTICES FROM PARTICIPATING COMMUNITIES

We held indoor body movement workshop with our participants during the “Building Resilience In Post Covid Youth Work” Erasmus+ training mobility event. Thanks to our trainer Paul Vrenken, yoga specialist, our participants explored stress management, resilience, meditation, mindfulness, self compassion and emotional intelligence.

The local activities have been analyzed as good practice:

<https://www.facebook.com/kinderyogabordspel>



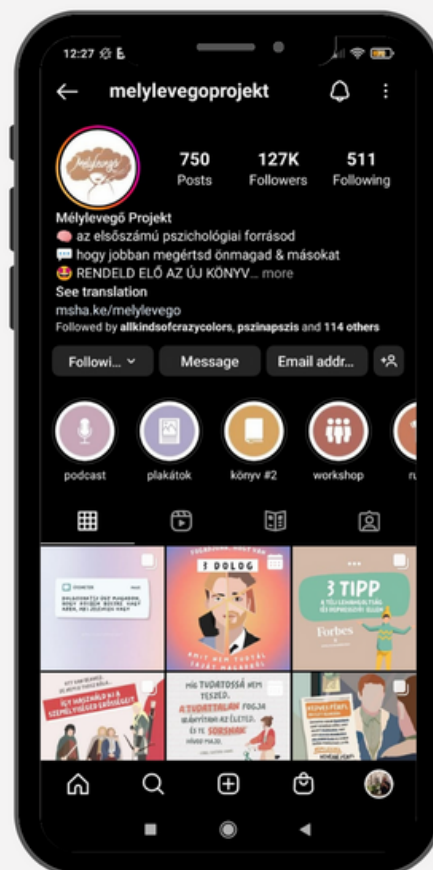
GOOD PRACTICES FROM PARTICIPATING COMMUNITIES

MÉLYLEVEGŐ PROJEKT

SINCE 2020 MAY

INSTA PAGE TO RAISE AWARENESS TO MENTAL ILLNESSES

- PSYCHO-EDUCATION
- ONLINE WORKSHOPS
- BOOKS
- WORKBOOKS



GOOD PRACTICES FROM PARTICIPATING COMMUNITIES

Nutty by Maja



Homemade healthy snackbar

Project originated from the need to cope with personal health issues

Her aim was to create the perfect snackbar

Making and baking itself was therapeutical

Profit was not the goal



It started small at her kitchen

Her friends were her only "customers"

Due to word of mouth snackbars quickly became popular in local community



Soon her product became popular in Croatia

Next logical step was to turn it to a real business



GOOD PRACTICES FROM PARTICIPATING COMMUNITIES

Culture is important

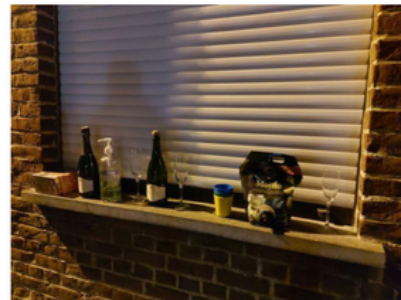
Brussels: Opera singer gives every Sunday concert on balcony during lockdown



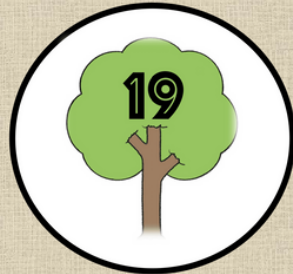
Poperinge: Neighbours come together every evening at 20:00 during a whole year to clap for the healthcare workers



It created a 'family' bond between them over time!



GOOD PRACTICES FROM PARTICIPATING COMMUNITIES



MEETING-19

Identification of the problem

- In-person communication

Impact for the community

- One of the basic needs of human is to create engagement.
- Addressing all the social, economic, sychological, linguistic etc needs that occurred during the pandemic and even further.
- The community have been caught to the pandemic and quarantines unprepared, which led lack of physical activation, anxiety, depression, obesity.

Short action plan for sustainability

➤ **Mobile app:**
Meeting-19

➤ **3 meaning:**
1) Covid-19 2) Always at 19:00 after work 3) 19 persons for each meeting.

➤ **Categorizes:**
a. Movies b. Music c. Language d. Cuisine e. Sport f. Craft h. Workshops: children etc.

GOOD PRACTICES FROM PARTICIPATING COMMUNITIES

#youtheurasiacampus
BAŞLIYOR

Google Meet

8 OCAK CUMA
DİLEK AKYILDIZ
İLETİŞİM BİLİMİNE GİRİŞ

9 OCAK CUMARTESİ
ÖZDEN COŞAR
MÜZEDE DRAMA

10 OCAK PAZAR
ŞEBNEM ERGELMİŞ
YUNANCIYAYA GİRİŞ

11 OCAK PAZARTESİ
MERVE ÖZÇELİK
İNGİLİZCE KONUŞMA KULUBU

12 OCAK SALI
HALİS BERK ABAŞOĞLU
HUKUK BİLİMİNE GİRİŞ

13 OCAK ÇARŞAMBA
DENİZ OSKAY
PHOTOSHOP ve ILLUSTRATOR
İLE GÖRSELLEŞTİRMEYE GİRİŞ

14 OCAK PERŞEMBE
GÖKHAN SEVİNÇ
MARKA YONETİMİ

15 OCAK CUMA
ÜLKÜ NUR NAR
UKULELEYE GİRİŞ

1 - 15
OCAK

21.00
CANLI
YAYIN

@youtheurasia www.youtheurasia.org

"Youth Eurasia campus" is social initiative, designed by "Eurasia Youth Development Association" to provide L2L experience for members in the beginning of lockdown in pandemic.

<https://youtheurasia.org/campus>

More than 25 online activity (training, language session, workshop, instrument learning etc) took place by volunteer trainers and experts.

459 people have involved into online activities.

YUNUS ERSOY
BİR YAŞAM ŞEKLİ OLARAK
DİJİTAL GÖÇEBELİK

ŞAFAK TOK
DRAMATİK YAZARLIK

HARUN UĞLUCU
İNGİLİZCE KONUŞMA
KULUBU

ÜLKÜ NUR NAR
UKULELEYE GİRİŞ

ABDULBAKİ SÜLEYMAN BAŞ
DOVUŞ SANATLARINA GİRİŞ

MEHMET POLAT
ERASMUS STAJ HAREKETLİLİĞİ
DENEYİM PAYLAŞIMI

GÖKTUĞ DÖNK
MIT APP İNVENTOR İLE MOBİL
UYGULAMA GELİŞTİRMEYE GİRİŞ

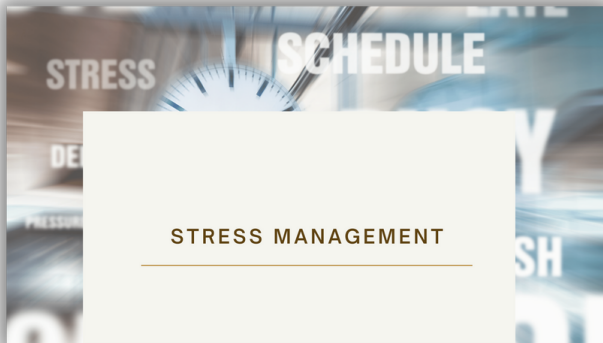
TUĞSE SU TOGA
YARATICI METODLARLA
OYUN DESTEKLİ ÖĞRENME

YOUTH EURASIA CAMPUS 2
"Müzedeki Drama"
Eğitim Etkinliği

YOUTH EURASIA CAMPUS 2
English
Conversation
Club

@youtheurasia @youtheurasia

ACTIVITIES AND PRACTICES FOR YOUTH WORKERS TO BUILD RESILIENCE



Stress reaction

Stress can be defined as any type of change that causes physical, emotional or psychological strain.

Stress is your body's response to anything that requires attention or action.

What can be the manifestation of stress

Why do we experience stress?

4 ways to deal with stress

Home	In the long-term <ul style="list-style-type: none"> Exercise regularly Eat well Practice Mindfulness Practice relaxation techniques 	In the short-term <ul style="list-style-type: none"> Take a walk Practice deep breathing Use aromatherapy Get a hug from a loved one 	
	Work <ul style="list-style-type: none"> Understand the expectations Avoid multitasking Minimize conflict Get comfortable 	Relationships <ul style="list-style-type: none"> Remove external stressors Get to the root of the problem Save time for yourself Improve your communication skills 	
	Express yourself	Take action	Get organized

<https://www.betterup.com/blog/stress-management-techniques>

How to deal with stress?

BOX BREATHING

KATIE SARHANN, PSYCHOTHERAPIST

10 Strategies for Managing Stress in the Workplace

- Control Your Distractions** - Regularly put down your smartphone and technology can make you feel frustrated.
- Disconnect From Work** - Take technology breaks and make them for personal time to recharge.
- Make Vacation a Work-Free Zone** - Use all of your vacation time and leave your work at the office.
- Give Up Multi-Tasking** - Multi-tasking doesn't save any of your work and wastes your productivity.
- Use "Office Hours"** - Be less available to others so you can do more meaningful work and empower your team.
- Get Enough Sleep** - Sleep quality just means you get that you can more effectively manage stress.
- Leave "Busy" for the Bees** - Shift your focus from others to productive.
- Let Go of the Past** - If you are in the office no longer a useful means of productivity.
- Support Thoughtful Work** - Make sure there are no one else in the office that support you and how.
- Recognize When You've Reached Your Limit** - Your mind and body are your most important resources. Listen to their warnings.

<https://maurabonaf.com/reduce-stress-attention-management/>

ACTIVITIES AND PRACTICES FOR YOUTH WORKERS TO BUILD RESILIENCE

STRESS MANAGEMENT GUIDE

FOR STUDENTS

**DON'T STRESS,
BE STRASS**

Csenge Domán
Roza Sara Somlai
Katka Motyčková
Daryna Shamrai
Doroteja Blagus



HOW TO RECOGNIZE STRESS!



CHAPTER ONE: PHYSIOLOGY



ACTIVITIES AND PRACTICES FOR YOUTH WORKERS TO BUILD RESILIENCE

PHYSIOLOGY OF STRESS



Stress is an inevitable part of our life. We all experience it but our reactions are different. When something stressful happens our nervous system has the ability to balance us out.

Not every body works the same and there are individual differences. Some systems need more time, more support and connection with others, and some systems need something to shake them up, to increase energy, to make a move, to stand up for themselves

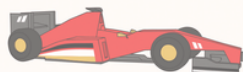
It's hard to manage stress. Good news is that we can learn to understand our primary stress response, learn to recognize it and change it to a more functional response.

SO WHAT'S ACTUALLY HAPPENING IN OUR BODIES WHEN WE'RE EXPERIENCING STRESS?



The autonomic nervous system has two modes that it runs on. It is like driving where there are two modes: a gas pedal and a brake pedal. Both are important for getting where you want to go! However, if the driver does not use them in the correct way, at the correct times, things can go really badly.

The gas pedal would be the sympathetic nervous system, which is the instinctual response to fight or run in response to danger. It is a super-charged up form of energy that courses through the body's nerves to the muscles in order to kick somebody away, to yell for help, or to run as fast as possible.



The brake would be the parasympathetic nervous system, which are the instincts to relax, settle in, connect, eat, and sleep




When the gas pedal is activated people might go into an active defense, mobilizing their energies for fight or flight, their breathing gets fast, they might break into a sweat, their muscles tense, and they are revved up. This would be the temper tantrum, the rage, the violence, the property destruction, and the extreme emotions with anxiety and hypervigilance.

Going under the lower threshold into the brake area would look like someone shutting down emotionally and physically. They disconnect with themselves, their body and others, communication becomes minimal, and their bodies may become limp. They may even seem to go to another place in their mind. This is where depression, apathy, fatigue, pain, poor digestion, and many addictions may come from.




ACTIVITIES AND PRACTICES FOR YOUTH WORKERS TO BUILD RESILIENCE




Light sensitivity to the eyes is another sensation mediated by the nervous system. Pay attention to which lights you have on, and how they feel on your eyes. For many people, they are not aware that the lights they use are actually bothering their eyes! This will drain your nervous system energy over time, having to manage this subconsciously while you work on your computer!

Are there places in your body that feel tense? Is there a place in your body where you feel more relaxed? Is there a place within your body that feels more dense, spacious, or expansive?

Environmental cues are another thing that is mediated by the nervous system. As you look around the room, what is something that catches your eye? As it catches your eye, is it calming or does it not feel right?




Proprioception is another sensation mediated by the nervous system. Proprioception is just the word for feeling the weight of something pressing into your body. If you push your fingers into your arm, you will feel the weight of that pressure. As you sit or stand, you can start to focus on where you feel the pressure. Is it in your hips as you sit in your chair? Do you feel more weight in your legs and feet as they rest on the floor?



Then, **notice your breath and your heartbeat.** Take a deep breath in and see if you feel like you can breathe deeply or if it feels heavy or restricted. Is your heart beating fast, does it feel revved up, or is it calm and relaxed?

All these sensations are ones that are mediated by the nervous system and can be used to measure and track the nervous system in the moment. From moment to moment, these sensations actually change, but we usually have our focus on other things, and only notice it if it begins to affect what we are doing.





HOW CAN WE RECOGNIZE OUR RESPONSE?

Think about your first impulse when you find yourself in a situation that's upsetting you. Is your impulse to fight (scream, have extreme emotions, do something, show rage), flight (get away from the situation, disconnect), freeze (can't have any kind of reaction, feeling stuck), fit in (try to make yourself blend with others, do or say what others are expecting of you) or fawn (make yourself invisible, stay low so other don't even notice you)?

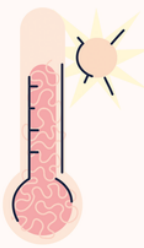
Keep track of your nervous system!

Sometimes you can feel your impulse very strongly, but sometimes this impulse is very subtle. But you can learn how to recognize it anytime.



At the moment, **tracking the nervous system involves paying close attention to the sensations** and movements with which the nervous system prompts our body. Let's identify which sensations you are looking for that are mediated by the nervous system, because all of these will be direct ways to measure and track the nervous system.

Temperature is one sensation mediated by the nervous system. Although tracking one's temperature is vital in this exercise, it is more important to try to focus on your body and see if there is one place that feels warmer and another place that feels cooler?



ACTIVITIES AND PRACTICES FOR YOUTH WORKERS TO BUILD RESILIENCE

STUDENT LIFE

PRACTICAL PART



CHAPTER TWO: WHAT ARE THE STRESSORS AND HOW TO DEAL WITH THEM?

Starting your studies comes with a lot of new challenges. You strive to get good grades, you want to find a new friend group and you might even get a part time job. Suddenly you need to prove yourself in all these new areas!



TIME MANAGEMENT

WHY IS IT A STRESSOR?



It is hard to make time for everything. Nowadays we have endless options to kill our time with. It doesn't feel like it, but we have 100% control over our time.



ACTIVITY

Write a list of your daily activities. Which activities are the ones that energize you and which ones take energy from you? Are they in balance? What can you do to improve the ratio?



Tip: Take advantage of the new opportunities but be intentional with your time and energy. If there is something you used to like, but it doesn't serve you anymore, be honest to yourself and let it go.

ACTIVITIES AND PRACTICES FOR YOUTH WORKERS TO BUILD RESILIENCE

EXTERNAL EXPECTATIONS

Why is it a stressor? Ah sweet student life! Time to figure out what you want with your life, learn to take care of yourself, and you keep getting asked about your dating life at Sunday family lunch. You have so many external expectations that can get into your head. Take a break from the grind and reflect on your motivations!



ACTIVITY

Why are you studying at the university? Rate the statements from 1 to 7 (1-not important at all... very important 7)

- I enjoy learning new things
- Parents/family expect it
- I can get prestigious job
- I want to improve my professional skills
- I can earn enough money when I have the diploma
- Diploma gives social status
- I want to learn and know more
- I like to get more knowledge
- I want to be respected by others
- All my friends go to university
- I wanted to enjoy university life
- I want to improve myself professionally
- I wanted my family to be proud

Now to deal with external expectations? No matter what the most important motivation is for you, keep it in mind when making decisions. Know what your values are and let them guide you when making decisions.



MAKING FRIENDS

WHY IS IT A STRESSOR?

Making new friends can be hard especially when moving to a new city or finding yourself in a completely new environment. University is a great place to make long lasting connections and memories.



ACTIVITY

What will you do to step out of your comfort zone and get new friends? Make a list! Try to challenge yourself!



1. **Introduce yourself and pay attention to names** - you'll be surprised how many people appreciate it when you remember their name right away!
2. **Ask questions** - prepare a set of questions beforehand for the moments when nothing else comes to your mind.
3. **Listen actively** - don't only ask the questions but pay attention to what others have to say.
4. **Compliment** - find something that you like about the other person and compliment them, but be honest about it.
5. **Offer your help or ask for help when you need it.**
6. **Check your body language** - try to have a natural position that you feel confident in.
7. **First impressions are not everything** - things didn't go well? Don't worry, you'll have plenty of other options to impress someone.



ACTIVITIES AND PRACTICES FOR YOUTH WORKERS TO BUILD RESILIENCE



BAD NEWS

Why is it a stressor? Traumatic events like natural disasters, human-made disasters, and accidents are out of our control but still affect us. You open your phone and all you see is what's wrong in the world? You just wish you didn't know because it stresses you out? You are not alone!



ACTIVITY

Think about a stressful situation that you experienced. What was the situation? How did it make you feel? What were you able to control during this situation? What were you unable to control?

Tip: Talk to your family and friends about what bothers you. Focus on what you can control in your life. If the flow of information gets too much, take a digital detox.



MOVING OUT OF THE FAMILY NEST



WHY IS IT A STRESSOR?

Moving out from the family house is bittersweet. No doubt, it means more freedom, but it also means giving up comfort. It's time to take care of ourselves, and living alone or in a dorm can make us feel lonely and isolated. Moving stress can make you want to avoid people and feel easily overwhelmed.

Tip: The primary task of early adulthood is to establish identity and intimacy. Personal relationships are just as important as purpose - they are both pillars of our mental well-being. Don't neglect your personal relationships and spend quality time with your friends and family.



ACTIVITY

Try to keep a positive mindset!

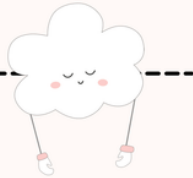
1. What are the advantages of moving out?
2. Brainstorm ideas to foster your relationships.

YOU CAN DO IT!

ACTIVITIES AND PRACTICES FOR YOUTH WORKERS TO BUILD RESILIENCE



WHY IS IT A STRESSOR?



Adjusting to a new situation - like starting your studies is challenging. The rules and requirements are different and you don't even know where to start. We've all been there.



Make a list of all your classes and their requirements. Keep track of it all throughout the semester. You can find samples for this online but over time you'll find the tool that fits you the most.



Tip: Find someone who has experience. Talk to others, and don't be afraid to ask for help. Be present. Practice self-care, having a routine (morning or evening) can help you make sense of the mess. Pick up a new sport and stick to it.

GOOD LUCK AND ENJOY THE RIDE!

Resources:

<https://www.traumahealingaccelerated.com/peter-levine-and-healing-trauma-with-somatic-experiencing/>

Walking the tiger: Healing trauma, Peter Levine, 1997

Polyvagal Safety: Attachment, Communication, Self-Regulation, Stephen W. Porges, 2011



INTRODUCTION

For Web Sites



Dear Youth Workers,

Here you can find many tips that can help you in your daily professional life when working with people, especially now that they got severely affected by the whole covid situation. It is important to tackle stress-related issues of young people and prevent them from developing serious mental problems. This can be done by providing the necessary physical and mental activities which will create self-awareness and a strong bond between each other.

Background: Within 9 days, 25 people of 6 different countries worked together to learn about resilience and this toolkit is one of the outcomes. Enjoy it!

What is resilience?

Resilience is what gives people the emotional strength to cope with trauma, adversity, and hardship. Resilient people utilize their resources, strengths, and skills to overcome challenges and work through setbacks.

People who lack resilience are more likely to feel overwhelmed or helpless and rely on unhealthy coping strategies (such as avoidance, isolation, and self-medication).

People with resilience, coping capabilities, and emotional intelligence are more likely to have better overall well-being than those with lower resilience, and better life satisfaction.

Community resilience refers to the ability of groups of people to respond to and recover from adverse situations, such as natural disasters, acts of violence, economic hardship, and other challenges to the group as a whole.

Developing resilience is both complex and personal. It involves a combination of inner strengths and outer resources, and there isn't a universal formula for becoming more resilient.

Outcomes

Resilience can help protect you from various mental health conditions, such as depression and anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma. If you have an existing mental health condition, being resilient can improve your coping ability.

Coping with stress in a positive way is known as resilience, and it has many health benefits. It's associated with longevity, lower rates of depression, and greater satisfaction with life. "There's a sense of control, and it helps people feel more positive in general," Malloy says.

INTRODUCTION

MOVEMENT

Problem definition



During the lockdowns, people were forced to remain at home, which resulted in fewer space to move and express themselves and, in many cases, a lack of physical activity and healthy connection with the natural environment. Also, generally, office and home lifestyles result in little movement and cause health problems to young people on the short and long term, such as obesity, diabetes, boredom and depression. Also, the social aspect is widely affected by the constant use of electronic devices.

Solution



It is generally known and scientifically accepted that exercise and sports are important for the body and mind. Healthy people are needed to create impact in our societies. Sports also contribute to more strongly bonded and inclusive communities, as various people come together with a common personal and group goal.

The basics about exercise:

It Helps You Get Fit Physically

It Improves Your Sleeping Habits

It Improves Your Mood

It Improves Concentration

It Reduces Stress and Depression

It Boosts Self Confidence

Application in youth work



By working with young people, you can actually help our societies overcome the negative impacts of lockdowns and insufficient body movement.

Tips:

Do Erasmus+ projects that include sports and/or outdoor training. On the official EU sites you can find guidelines how to write a proper project. Nature is a stimulating factor to keep the group dynamic high.

Make sure there are sufficient energizers during the day, both indoors and outdoors. Otherwise the general mood will remain low after some time.

As mentioned in other sections, do also yoga with the participants. It helps the body and spirit for balance.

Underline the importance of also disseminating the knowledge in the personal and professional circle of the youth workers after the mobilities. Keep spreading the message!

INTRODUCTION

STRESS MANAGEMENT

Raise up and challenge yourself

To grow and develop to a resilient person, you need strategies to cope with in-the-moment pressure and long-term pressure.

These strategies can be different from person to person. So it is important to be self-aware.

Sometimes you have to recognize, when pressure is causing a problem to not only address the issue, but to apply your coping strategies in time.

For the personal growth it is important to have confidence in your abilities.

A resilient person makes connections to other people and takes a positive outlook on things.



Minimizing Stress by Body Awareness

It is important to be aware of your body, pain points, breathing, heart rate etc.

Meditation is a tool to become more aware of your body. Being aware of the 7 chakras, controlled breathing, heart rate (especially in stressful situations) and your posture can give you self confidence and create an inner balance in your body.



Focus on your breathing

Breathing techniques can calm you down, relax your body, and help you to be more mindful. It is a powerful tool to ease stress and make you feel less anxious.

Some simple breathing exercises can make a big difference if you make them part of your regular routine, so here is an example:



Stress management in youth work

Erasmus+ offers a wide range of opportunities for developing projects with young people that can tackle the issues mentioned above. Yoga, mindfulness, breath techniques, relaxation, peace of mind, meditation and connection with nature can easily be implemented as daily activities in youth exchanges and training courses. Even if the overall topic of the project is different, these techniques can be used in parallel.



INTRODUCTION

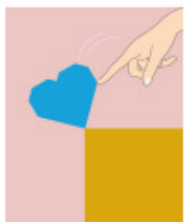
HEALTHY RELATIONSHIPS

Relationship Spectrum

Building and sustaining relationships are at the heart of organizing communities. The strength of community lies in the strength of the connections that we have with each other. With strong connections, people have the power to make real change. Building these connections takes time, but it is worth it.

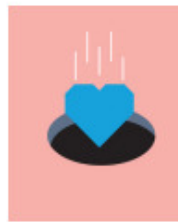
Relationships are often the source of our greatest joys and greatest challenges. Understanding relationships is no simple task. People are so unique and complex that there is no easy formula.

Central to almost every culture is the idea that we should treat our neighbors the way we would like to be treated. If you keep that in mind, you will most likely succeed in building relationships that you can depend on.



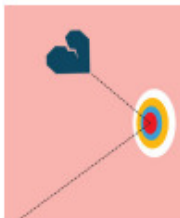
Betrayal

When someone is disloyal or acts in an intentionally dishonest way.



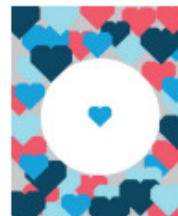
Sabotage

When someone purposely ruins your reputation, achievements, or success.



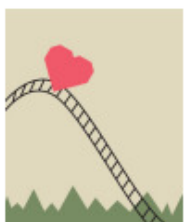
Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



Isolation

When someone keeps you away from friends, family, or other people.



Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



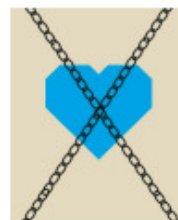
Manipulation

When someone tries to control your decisions, actions or emotions.



Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.



Belittling

When someone does and says things to make you feel bad about yourself.



Intensity

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.

INTRODUCTION

HEALTHY RELATIONSHIPS

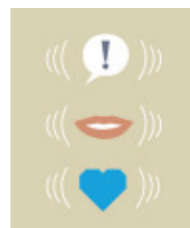
10 Signs of Unhealthy Relationship

While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse. If you think you are in a dangerous situation, trust your gut and get help.



Fun

You enjoy spending time together and bring out the best in each other.



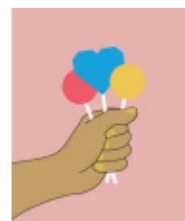
Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



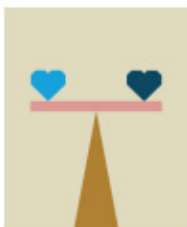
Taking Responsibility

Owning your own actions and words.



Kindness

You are caring and empathetic to one another, and provide comfort and support.



Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



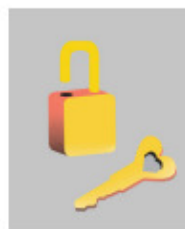
Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.



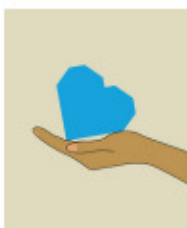
Independence

You have space to be yourself outside of the relationship.



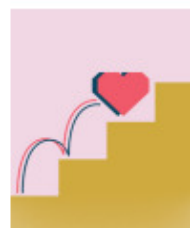
Honesty

You can be truthful and candid without fearing how the other person will respond.



Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.



Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.

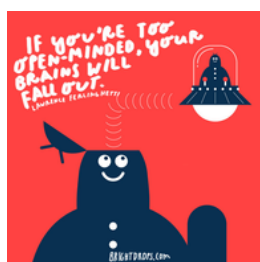
INTRODUCTION

HEALTHY RELATIONSHIPS

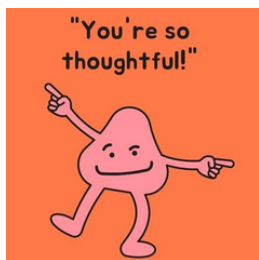
10 Signs of Unhealthy Relationship



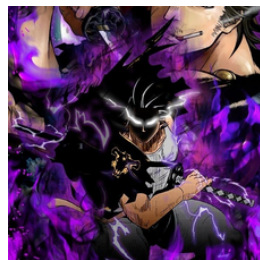
Check in with people when you need to. This may take only a few minutes a week, but those few minutes can make the difference in helping your students or co-worker remember the importance of the work you are doing together.



People need to communicate. It's a good idea to set aside some time just to talk about the way things are going. When people don't have a chance to talk about important issues, misunderstandings can occur and tensions often build up. Communication is a discipline that has to be practiced regularly



Everyone needs to be appreciated in order to keep relationships going. If you notice that someone did a stellar job of collecting the necessary data for the committee, say so. If you enjoy working with someone, let them know. We are all human beings and appreciation helps us thrive.



We all need a buddy to help us stretch ourselves beyond what we think we can do. We can also build stronger relationships by challenging our work partners to take on bigger challenges.



Go a little out of your way, at least once in a while. If your co-worker needs to spend some extra time with their children, you might tell them to go home early and you'll finish up the Erasmus+ grant proposal.



Loyalty is essential to keeping relationships healthy. We may not agree with a co-worker or friend, but we can stand by him or her when they are in a jam.

INTRODUCTION

HEALTHY RELATIONSHIPS

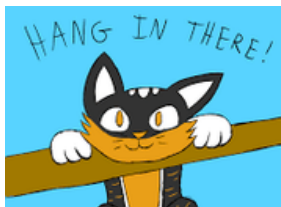
How to deal with relationship conflicts?

LISTEN TO me!



Take time to listen to each other

This is not always easy. Each person should take time some time to listen without interrupting, while the other person talks.



Hang in there when things get hard

You can take some breathing room, but try not to give up on the relationship altogether. When things are the toughest, there are important lessons to be learned. It's best to keep a relationship that you've invested your time and caring into?



Put yourself in the other person's shoes

Everyone in a conflict has distinctly different views of a situation. In the thick of a fight, people are usually convinced they are absolutely right. Try to see why the other person sees things the way they do.



Don't give up your principles

Don't sacrifice what you believe in just to make a relationship work. If you give up on your principles, you won't be effective and the relationship won't work anyway.



Look at what is true about what the other person is saying

See if you can correct the situation. If you need to apologize, go ahead. It may feel horrible, but an apology can often help a relationship get back on the right track.



Continue to appreciate and respect each other

Even though it may be difficult, focus on the positive aspects of the relationship. If you model appreciation, the other person will often follow.



Speak from your heart

As you try to unravel the difficulty, keep focused on what you and the other person care about most: the goals of the project, each other, the community, etc.



You can act independently to improve any relationship

Even if the other person or group of people is acting rotten, you can act in a way that is positive, respectful, constructive, and thoughtful. This may surprise people, and they may follow your lead.

INTRODUCTION

HEALTHY RELATIONSHIPS

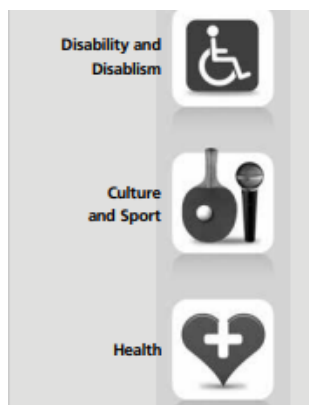


Non-Formal Activities

Through participation in youth work, young people develop their ability to make friends and understand what healthy positive relationships look like with adults and their peers. This core skill applies to digital, online relationships as well as offline relationships.

Youth work gives young people the space and opportunity to meet other young people outwith their usual social circle, helping them improve their ability to build and maintain relationships.

Young people are able to develop meaningful and supportive relationships with their youth workers. These relationships are based on trust and respect and model what healthy, consent-based relationships look like in practice.



Method / Workshop 1


- Theme
- Overview
- Objectives

Method / Workshop 2



- Diffucutly level
- Group size
- Time needed
- Material
- Preparation
- Instructions
- Debriefing / Evaluation questions
- Tips for the Youth Workers
- Variations
- Follow up / Ideas for actions

FUTURE WORKSHOP



Erasmus+

GREEN THERAPY

Let the nature heal you

Self and group connection

Outdoor training

Face your fears

Respect the environment

Objective: To raise awareness of 35 young people on the therapeutical aspect of being in the forest.



FUTURE WORKSHOP

**BUILDING
RESILIENCE
MANAGEMENT**

STRESS

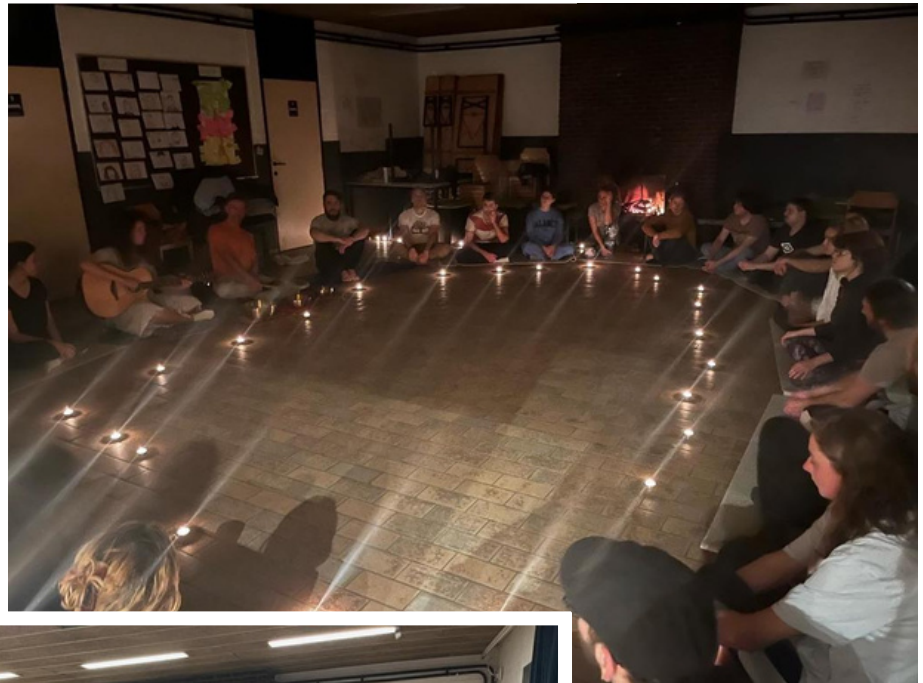
**chill
pill**

**for high school
freshmen**

<p>PSYCHO- EDUCATION</p> <ul style="list-style-type: none">• symptoms of stress• coping• relaxation	<p>EFFECTIVE LEARNING TECHNIQUES</p> <ul style="list-style-type: none">• how to study• self-regulation• productivity	<p>SOCIAL SKILLS</p> <ul style="list-style-type: none">• how to make friends• how to communicate• non-violent communication
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**after school workshops by
psychology students**





ABOUT YOUTHPASS

WHAT IS YOUTHPASS?

- European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ and the European Solidarity Corps programmes
- certificate
- non - formal education
- Youthpass certificates are issued by the organisation that has signed the contract for the Erasmus+ grant

GOALS

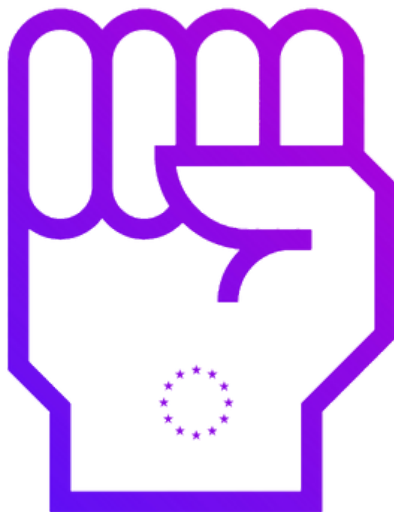
- promoting individual reflection and awareness about learning
- helping to make learning outcomes visible for the participants themselves as well for others
- reinforcing reflective practices in youth work and solidarity activities

WHO CAN USE YOUTHPASS?

- Youthpass is connected with all kind of projects and activities within the Erasmus+: Youth in Action and European Solidarity Corps programmes, participants must meet the conditions needed for these kind of projects

STATISTICS

- Approximately 80% of participants agreed that Youthpass helps to communicate the importance of non-formal learning and increases the usefulness of the project for participants.
- Between 70% and 80% of participants planned to use Youthpass when applying for a job. More than 40% of respondents saw the potential of using Youthpass when applying for higher education or setting up a business.



**Building
Resilience
In Post-Covid**
youth work

