

Follow-up activities Youth Exchange Mindful Generation

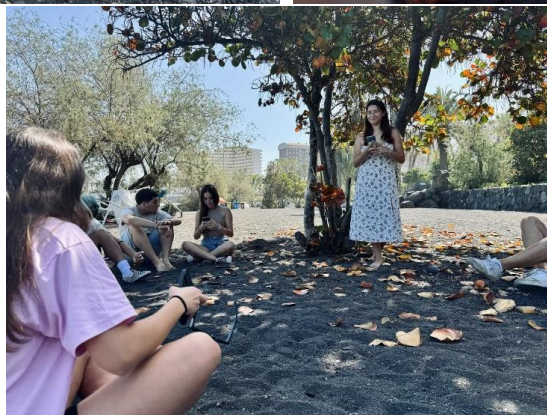
Spain

P.O.D. Association, together with the participants from the “Mindful Generation” exchange, organized on the 14th April 2024, with **5 people** with ages between 21 years to 30 years an activity in Puerto de la Cruz, on Playa Jardin.

The project was presented covering several key topics related to mental health. These included an overview of mental health, common mental health problems, factors that can impact mental health, strategies to improve mental health, and different types of mental health conditions. Information was also provided on how individuals in Malta can seek support.

Additionally, personal experiences during the project were shared, highlighting the benefits of gaining a deeper understanding of mental health.

As part of the presentation, an art therapy activity was conducted, involving painting and creating scenes from natural objects that were found. An exercise on the somatization of emotions was also facilitated, where participants related emotions to different colors.



Croatia

On the 27th of March 2024 the Croatian group organized a 4 hour workshop in the Faculty of Humanities and Social Sciences of Osijek with **15 students** (20 – 25 years) of Social work, Law, Philosophy, Pedagogy and Psychology.

The activity started first with a short dissemination of the project and Erasmus+, to set a context. Participants were very impressed and interested how the group was formed and how this possibility for youth exchange came to the group members. They were very surprised with the answer that it is because this group volunteers in PRONI Centre and Info-centre for youth on a project "Youth, how are you?" related to mental health in our County. These students focus only on studies and consider that they do not have time for volunteering or extra projects in community. So, when the group started with definition of mental health (WHO, 2022) it was for them eyes opening experience. They immediately followed Info-centre and PSIHOS Instagrams and already agreed to join next workshop, first week of April.

Even though participants did not know each other prior arrival on workshop, they connected quickly as they recognised they share same interest for wellbeing and maintaining own mental health. The atmosphere was set for them to be able to feel open for sharing impressions, reflections, discuss with each other. They were actively sharing, as they have had A-ha! Moments. "The most interesting part was a fact that I have dedicated attention and focused on senses I am never thinking of actively." "The mirror exercise is TOP". "I came super tired, sleepy and with a headache. I am now completely recuperated and fresh."

They recommended the workshop, asked for more and were interested to attend future activities.



Romania

With all the knowledge gained in the youth exchange the Romanian group held a workshop on April 5, 2024 dedicated to the youth of the Student Communication Association. **11 people** with ages between the 20 and 23 attended the activity held in Centrul pentru Tineret al Municipiului București.

The workshop started with an Erasmus+ introduction, talking a bit about the Mindful Generation mobility and about the Romanian association – Pastel Association.

Afterwards, a bonding exercise was done – 3 truths one lie so that the participants warm up to each other. They also went through a more theoretical part in which different disorders and the impact they have on people's lives were introduced. They also talked about somatization, explaining the concept theoretically but also practically –through 2 exercises to emphasize how somatization actually impacts the day to day life.

The workshop ended with a gratitude exercise, asking the participants to write on a piece of paper the things they value, the things they are grateful for, the things they love each other and what promise will they make for themselves, making them more aware of their qualities and sending them away with a message of self love and appreciation. They then went through an autogenic training so the participants can go home feeling at ease and relaxed after going through subject that feel more heavy. The workshop concluded with a Q&A session –the participants were curious about the subjects presented, they asked questions afterwards, they were open to participate in the activities and wanted to learn about their emotions and the importance of mental health.



Malta

Due to the fact the group from Malta are from different city all over the country, they have done several activities to promote what they have learned from the youth exchange from Tenerife.

On May 18, 2024, at the Zejtun Local Youth Center, a two-hour workshop was conducted to raise awareness about mental health, conducted by five of the participants from the youth exchange for **7 youngsters** from the community, aged between 23 and 30. During this activity, a PowerPoint presentation was given covering topics such as mental health issues, factors that can impact our mental well-being, ways to enhance our mental health, and various types of mental health conditions. Resources available for support in Malta were also provided.

Furthermore, the participants shared their personal experiences related to the project and expressed how beneficial it was to learn more about mental health.



On the 10th of May, one of the participants from Malta, organized an one hour activity for **5 of her colleagues, youngsters with age between 20-35**. A short presentation was conducted regarding the insights gained from the mental health project in Tenerife. This was followed by an energizer, and then an art therapy and mindfulness workshop was implemented with the young people, enabling them to incorporate these strategies into their daily lives. The activities were exceptionally beneficial for all participants, who expressed a strong interest in more events of a similar nature. Feedback indicated that these activities significantly contributed to their personal and professional growth, fostering a robust sense of community and skills development. Participants noted that they found the sessions not only enriching but also instrumental in applying new knowledge and strategies to their daily lives and work. They also requested more such initiatives, highlighting the perceived value and positive impact these activities had on their overall well-being and competence.



On April 12, 2024, three participants organized a workshop at the local youth center for **25 young people aged 18 to 25**. The activity included a brief introduction about the mental health project they had participated in Tenerife, followed by an energizer, and then the implementation of an art therapy workshop designed to promote good mental health practices. The participants responded positively, expressing that they thoroughly enjoyed the experience. Several mentioned that they had missed engaging in art and wished to have more opportunities to do so in the future after the workshop concluded. The impact on the 25 young participants was notable, as indicated by the general feedback received during the evaluation conducted after the art therapy session.

