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mind
REINFORCE MENTAL HEALTH PRACTICES

TRAINING ON MENTAL WELL- BEING

ANNEXES



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➤ Annex 1 - Beginning test

1. What do you expect from this training? (Multiple choice, select all that apply)
 - ☐ Understand the basic concepts of mental health and well-being
 - ☐ Learn how to cope with emotional challenges and stress
 - ☐ Break down myths and reduce stigma around mental health
 - ☐ Improve self-awareness and emotional intelligence
 - ☐ Gain tools to support myself or others facing mental health issues
 - ☐ Other (please specify): _____
 2. How familiar are you with the concept of mental health? (1 = Not at all familiar, 5 = Very familiar)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 3. How often do you reflect on your own mental well-being
 - ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
 - ☐ Regularly
 4. How confident are you in recognizing signs of mental health challenges in yourself or others? (Rate from 1 to 5: 1 = Not confident at all, 5 = Extremely confident)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 5. How well do you understand the following topics before the training? (Rate from 1 = No understanding to 5 = Full understanding)
 - Difference between mental health, well-being, and mental illness ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Impact of stigma on mental health ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Common coping strategies for mental health challenges ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Identifying signs of fragile mental health ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Resources and professionals available for mental health support ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Importance of self-reflection and emotional regulation ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 6. What mental health topics are you most interested in learning more about? (Open-ended)
- What challenges related to mental health do you or people around you currently face? (Open-ended)



Aïcha

21 years old

Language student, speaks 4 languages.



Aïcha

21 years old

Can't swim and easily panics near water.



Julien

35 years old

Professional cook, knows how to identify edible plants.



Julien

35 years old

Lives with bipolar disorder, stabilized with medication.



Lily

23 years old

Nursing student, loves working in teams.



Lily

23 years old

Had depression last year, now doing better with therapy.



Sofia

26 years old

Former youth leader, good at group dynamics.



Sofia

26 years old

Grew up in an unstable family and struggles with trust.



Théo

19 years old

Sports student, very energetic.



Théo

19 years old

Had addiction issues in the past, clean for 3 months.



Simon

30 years old

Engineer, loves building things, very logical.



Simon

30 years old

Introverted, prefers working alone, finds teamwork hard.



Clara

16 years old

Very sporty, loves hiking and climbing.



Clara

16 years old

Has severe asthma, especially during physical effort.



Youssef

29 years old

Former soldier, very organized, great survival skills.



Youssef

29 years old

Sometimes impulsive and struggles with criticism.



Damien

40 years old

Former farmer, knows fishing and farming.



Damien

40 years old

Has a theft conviction from 15 years ago, now fully reintegrated.



Linh

24 years old

Veterinary student, calm and thoughtful.



Linh

24 years old

Prone to anxiety attacks under pressure.

➤ Annex 3 – Mental Health Myths and Facts

Mental health myths	Mental health facts
Mental Health Disorders are rare	Mental health disorders are common. In 2019, 970 million people globally were living with a mental disorder, with anxiety and depression being the most common (WHO1).
Depression is just sadness	Depressive disorder is a medical condition with persistent feelings of sadness, hopelessness, and loss of pleasure or interest in activities for long periods of time (WHO2).
A mental health condition is a sign of weakness	Mental health disorders are medical conditions, not a reflection of personal strength or weakness.
People with mental health issues are violent and dangerous	The majority of people with mental health conditions are not violent and are more likely to be victims of violence due to discrimination.
Children don't experience mental health issues	Mental health disorders affect individuals of any age, including children and teenagers. It is estimated that approximately 11.2 million children and young people (aged 19 and under) in the EU suffer from a mental health condition ³ .
Seeking help is a sign of failure	Seeking help is a sign of strength and a proactive step towards better health.
Recovery from a mental disorder is impossible	<p>People with mental health conditions recover completely or manage their symptoms effectively with proper treatment.</p> <p>Some find it helpful to talk to a professional, such as a therapist, while others find support in talking to friends or family.</p>

¹ https://www.who.int/health-topics/mental-health#tab=tab_2

² <https://www.who.int/news-room/fact-sheets/detail/depression>

³ [POLICY BRIEF 2: Child and adolescent mental health. The State of Children in the European Union 2024, United Nations Children's Fund \(UNICEF\), February 2024](#)

A mental health condition defines a person's identity	A person's mental health condition is just one aspect of their identity and does not define their abilities.
People with a mental illness will struggle with work, study, and life in general.	Mental illnesses can sometimes make different things more difficult. This may include studies, home life, and professional work – but there's always help available. Often, it helps to talk to other people when you are feeling confused or overwhelmed about what to do. Try to think of things that help you relax, cheer up, and even things that make you feel sad or stressed.
There's no point in talking about mental illnesses. Medicine is the best and only way to feel better.	Just like with physical complications, mental illnesses require more than medication alone. If you catch a cold, for example, antibiotics will help – but so will a healthy diet and rest. Managing and recovering from mental health issues involves seeking help and talking to others. With patience and support, you can feel better.
Some minorities are more vulnerable to mental illness than others.	Anyone can be diagnosed with a mental health complication, regardless of their race, gender, religious background, or where they live.
Only weak people are diagnosed with mental illnesses.	Mental illnesses are not the result of your personality, and they do not reflect your capacity to deal with your emotions. While they are called "mental" illnesses, they are not imagined, nor are they due to a lack of willpower. Everyone's mental health journey will look different. With time and experience, you can discover what makes you feel better. Whether this is therapy, social support, medication, or a combination of treatments, it's possible to live a full, happy life despite being diagnosed with a mental health illness.

➤ **Annex 4 – Scenarios “Group discussion on stigmatisation”**

Scenario 1: "Just Cheer Up"

Sophie, a university student, has been struggling with depression. When she shares her difficulties with a classmate, the person responds: “You’re just overthinking. Try to be more positive!” Sophie withdraws from further conversations and begins to feel ashamed of her struggles.

Further discussion:

- Was this comment stigmatizing?
- How might Sophie feel in this situation?
- How could someone react to support Sophie more constructively?

Scenario 2: "Fit for the Job?"

During a job interview, Ahmed mentions his past experiences with anxiety and how he’s been managing it successfully. The interviewer ends the conversation early and later informs him that the position requires someone “more emotionally stable.”

Further discussion:

- What are the signs of stigma in this scenario?
- What rights or protections could Ahmed have?
- How could workplaces become more inclusive?

Scenario 3: "You're Not Like Her"

Lucas shares that his sister has been diagnosed with bipolar disorder. A colleague replies, “Wow... that explains a lot. Is she dangerous?” The conversation becomes awkward and Lucas starts avoiding talking about his family.

Further discussion:

- What stereotypes are present in this exchange?
- What could Lucas or someone else say to challenge the stigma?
- How can people educate others when faced with such assumptions?

Scenario 4: "It's Just Stress"

Manon, a high-performing intern, starts missing deadlines and seems constantly exhausted. Her manager tells her, “Everyone’s tired. You just need to manage your time better,” and offers no further support. Manon later confides that she’s experiencing burnout.

Further discussion:

- How does minimising someone's experience contribute to stigma?
- What supportive actions could the manager have taken instead?

Scenario 5: "You Seem Fine"

During a team-building activity, the group is invited to talk about well-being. When Daniel opens up about his struggles with anxiety, a teammate says, "But you're always smiling – you don't look anxious." Daniel feels invalidated and regrets opening up.

Further discussion:

- How can assumptions based on appearances be harmful?
- What would be a more supportive way to respond to Daniel?

➤ Annex 5 – Which famous people lives with a mental illness

1. Winston Churchill

- He's a former prime minister.
- He's British.
- He called his depression "his black dog".

2. Robin Williams

- He was an actor and comedian.
- He is American.
- He struggled with severe depression and was known for his dynamic roles in films like *Good Will Hunting*.

3. J.K. Rowling

- She is an author.
- She is British.
- She wrote *Harry Potter* and has spoken about battling clinical depression and the concept of Dementors representing her struggles.

4. Vincent van Gogh

- He was a painter.
- He was Dutch.
- He struggled with psychosis and mental health issues and created iconic works like *Starry Night*.

5. Demi Lovato

- She is an American singer and actress.
- She was a Disney Channel child.
- She has bipolar disorder and has openly advocated for mental health awareness through her music and platforms.

6. John Lennon

- He is a musician and lead singer of a famous band.
- He was British.
- He struggled with depression and addiction and was a member of *The Beatles*.

7. Virginia Woolf

- She was a poet and novelist.
- She was British.
- She struggled with bipolar disorder and wrote *Mrs. Dalloway* and *To the Lighthouse*.

8. Hugh Jackman

- He is an actor and producer.

- He is Australian.
- He has discussed managing anxiety and starred in films like *The Greatest Showman*.

9. Jim Carrey

- He is an actor and comedian.
- He is Canadian-American.
- He has openly discussed living with depression and how it shaped his performances in *The Truman Show* and *Eternal Sunshine of the Spotless Mind*.

10. Princess Diana

- She was a British princess.
- She was known for her humanitarian efforts.
- She struggled with depression and bulimia.

11. Emma Stone

- She is an actress.
- She is American.
- She has spoken about her anxiety and panic attacks, which began during her teenage years.

12. Jonathan Swift

- He was a writer and satirist.
- He was Irish.
- He struggled with bouts of severe depression and is known for *Gulliver's Travels*.

13. Albert Einstein

- He was a scientist and physicist.
- He was German-American.
- He reportedly experienced bouts of depression while revolutionizing science with the theory of relativity.

14. Naomi Osaka

- She is a tennis champion.
- She is Japanese.
- She has openly discussed her struggles with anxiety and depression during her professional career.

15. Carrie Fisher

- She was an actress and advocate.
- She was American.
- She had bipolar disorder and starred in films like *Star Wars*.

➤ **Annex 6 – List of challenges that can arise during international mobility**

Setting unrealistic goals

Lack of preparation about the host country

Daily life adjustments

Language barriers

Homesickness

Health-related stress

Cultural misunderstandings

Integration difficulties

Workplace or volunteer responsibilities

Fear of failure or self-doubt

Financial concerns

Lack of support structures

Unexpected events

➤ Annex 7 – Anxiety debate

1. Anxiety's main job is to scan your environment and keep you safe.

True or False

Explanation: There is a part of the brain called the amygdala. And its job is to scan the environment for threats. This was super important back in the stone age when there were tigers crouched behind bushes ready to eat you for lunch. Anxiety was an early warning system to help you know when to chill or run!

2. Telling someone to "just relax" is usually helpful.

True or **False**

Explanation: Saying "just relax" might seem helpful, but it usually makes people feel worse. It can feel dismissive and make someone think their feelings aren't valid. A better way to help is to listen and ask, "What's making you feel anxious?" or "How can I support you right now?" Being there for someone is more powerful than quick advice.

3. You can feel anxiety in your body, not just in your mind.

True or False

Explanation: Anxiety doesn't just affect your thoughts — it can show up in your body, too. You might notice your heart beating fast, sweaty hands, shaky legs, or even stomachaches. These are physical signs that your brain is on high alert. Recognizing these signs early can help you manage anxiety before it gets overwhelming.

4. If you avoid stressful situation, your anxiety will go away

True or **False**

Explanation: Avoiding things that make you anxious can feel good in the moment, but it actually makes the anxiety stronger in the long run. It stops you from learning how to face your fears and build confidence. Facing small challenges gradually, with support, helps you learn that anxiety doesn't have to control you.

5. Doing breathing exercises can really help reduce anxiety.

True or False

Explanation: Taking deep, slow breaths tells your brain and body that you're safe. This activates your relaxation system and helps calm the physical signs of anxiety, like a racing heart or tense muscles. It's a simple but powerful way to bring your anxiety level down, especially during stressful moments.

6. Anxiety can sometimes cause you to feel disconnected from reality.

True or False

Explanation: In very stressful situations, anxiety can lead to intense symptoms like feeling "out of your body" or hearing internal voices. These are rare, but they show how powerful anxiety can be. It doesn't mean you're losing your mind — it just means your brain is overwhelmed and needs support and care.

7. Social media has no real impact on anxiety levels.

True or **False**

Explanation: Spending too much time on social media can lead to comparing yourself to others — which often makes people feel "not good enough." It can also cause information overload or fear of missing out (FOMO). That's why taking breaks and spending more time offline with real people can help your mental health.

8. If you're very anxious, there's nothing you can do to change it.

True or **False**

Explanation: Even if you struggle a lot with anxiety, there are many things that can help. Breathing techniques, talking to someone, therapy, exercise, creative outlets — all of these can reduce anxiety. You can learn to manage it step by step. It doesn't have to take over your life.

9. Being a perfectionist can make you more anxious.

True or False

Explanation: Trying to be perfect all the time puts a lot of pressure on you. It makes mistakes feel like failures instead of learning opportunities. This mindset can increase anxiety and make you afraid to try new things. Learning to accept imperfections can make you feel more confident and free.

10. Daily use of marijuana can help you manage anxiety.

True or **False**

Explanation: Many people believe that marijuana helps them "calm down," but using it every day can make anxiety worse over time. While it might bring short-term relief, regular use can affect how your brain works. It may lead to more anxiety, memory problems, and even panic attacks. Some strong forms of marijuana today can also increase the risk of mental health issues like psychosis (feeling disconnected from reality). Instead of using substances to numb your feelings, it's better to learn healthy ways to cope — like talking to someone you trust, breathing exercises, or physical activity. These don't just mask the anxiety — they help you deal with it in the long run.

Annex 8 – Resource auction list

Professional Mental Health Support

1. General Practitioner
2. Psychologist
3. Psychiatrist
4. Social Worker
5. Community Mental Health Center

Crisis and Emergency Resources

6. Emotional Support Hotlines (e.g., 116 123 or SOS Amitié)
7. National Crisis Centers or Help Services (e.g., Befrienders, CALM, iCALL)

Self-Help and Well-Being Tools

8. Meditation or Relaxation Apps (e.g., Respirelax+, Relaxify App)
9. Informative Websites and Booklets (e.g., Psycom guides)
10. Mobile Applications for Anxiety, Depression, or Stress Management (e.g., Stop Blues, Blue Buddy)

Peer and Social Support

11. Peer Support Groups (e.g., student-run services like Nightline)
12. Support from Friends and Family
13. Online Communities or Forums (e.g., Students Against Depression)

Specialised Services

14. Addiction Support Services (e.g., Drogue Info Service, Game Control)
15. Eating Disorder Support (e.g., FNA-TCA, Blue Buddy)
16. Schizophrenia Support (e.g., Collectif Schizophrénie)

Educational and Preventive Materials

17. Self-Help Books and Guides (e.g., “Soigner le stress et l’anxiété par soi-même”)
18. Youth-focused Mental Health Handbooks (e.g., MladiHUB series)
19. Workshops, training modules, or awareness campaigns

Alternative Support Resources

- 20. Physical Activity or Sports Clubs
- 21. Cultural or Religious Community Support
- 22. Art or Creative Therapy Spaces
- 23. Volunteer or Mentorship Programs

➤ Annex 9 – Scenarios “The listening circle”

Scenario 1: Overwhelmed by Studies

Lina, a university student studying abroad, has been feeling increasingly overwhelmed. She hasn't slept well in weeks and often cries alone in her room. Her friends have noticed she's withdrawn, but no one has approached her.

Prompt: How could her friends or roommates support her? What would you do in their place?

Scenario 2: Pressure to Perform

Rami just started a new internship in a foreign country. He feels intense pressure to do well and is afraid of making mistakes. He hides his stress behind a smile, but in private he experiences anxiety attacks. One colleague suspects something is wrong.

Prompt: How could this colleague respond with empathy and avoid judgment?

Scenario 3: Culture Shock and Isolation

Zahra moved to a new country for a volunteer program. She is struggling to adapt to the cultural norms and feels disconnected. She tries to talk to a teammate, who tells her she just needs to “get used to it.”

Prompt: How could someone listen to Zahra more effectively? What would an empathetic response look like?

Scenario 4: Panic at Work

During a group presentation, David suddenly freezes and rushes out of the room. Later, he tells a teammate it was a panic attack, but jokes about it, saying, “I’m just crazy like that.”

Prompt: How could his teammate show support and validate his experience?

Scenario 5: Loss and Grief Far from Home

Ana recently lost a loved one back home and is grieving alone while abroad. She's been skipping meals and hasn't participated in group activities for over a week. A fellow participant notices her absence.

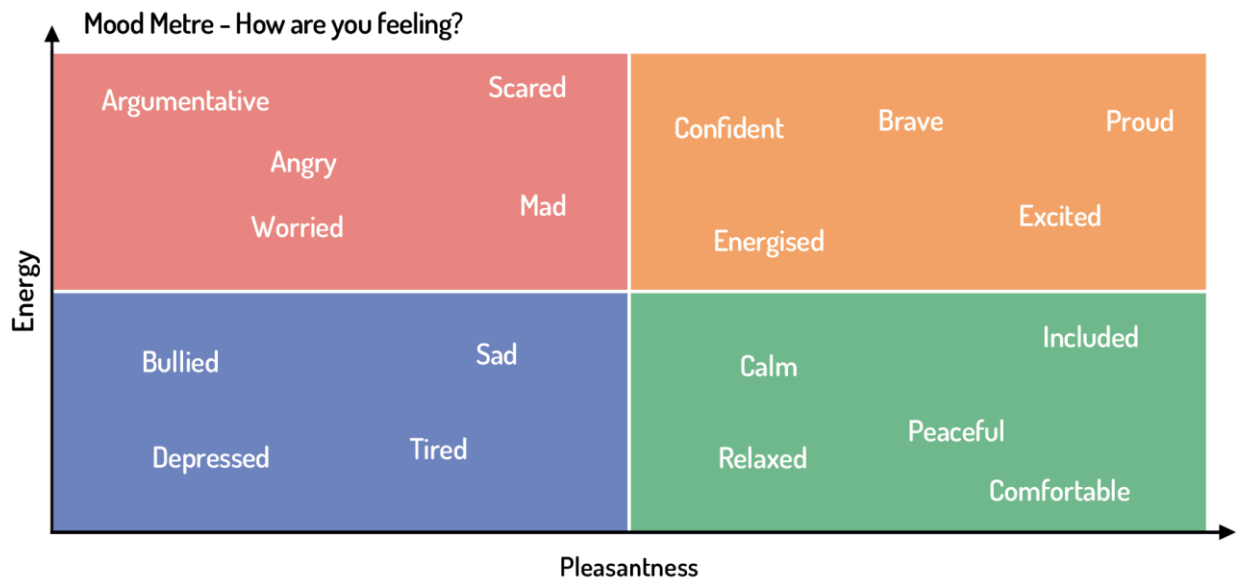
Prompt: What would you do if you were that fellow participant?

Scenario 6: Facing Discrimination

Carlos, who identifies as LGBTQ+, recently experienced a discriminatory comment from another volunteer. Since then, he has become quieter and avoids group spaces. A close peer wants to reach out but isn't sure how.

Prompt: What role does listening play in offering support in sensitive situations like this? How could the peer approach the situation?

Annex 10 – Mood meter



➤ Annex 11 – Quiz to know yourself

Instructions: Read each statement and rate how true it feels for you from 1 (Not at all true) to 5 (Very true). At the end, reflect on which areas scored highest – these may be your strongest motivators.

Motivation	Statement	1	2	3	4	5
Power	I enjoy influencing people and situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Independence	I value doing things on my own and being self-reliant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Curiosity	I love to learn and discover new things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acceptance	I need to feel accepted and worry about rejection.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Order	I prefer routines and organized environments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saving	I like collecting or holding on to things, even if I don't need them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honor	I strive to do what is right and stay true to my values.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Idealism	I care about fairness and want to make the world a better place.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Contact	I enjoy being around people and staying connected.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family	My family is one of the most important parts of my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Status	I care about how others see me and like to stand out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vengeance (Justice)	I want fairness and feel strongly when treated unfairly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Romance	I place importance on love, relationships, and physical affection.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating	I enjoy eating and trying different kinds of food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	I feel good when I'm moving, doing sports, or being active.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tranquility	I seek peace and try to avoid stress or conflict.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

👉 Reflection Questions

- Which 3 motivators scored the highest for you?
- How do these motivations influence your decisions and behavior?
- How do your strongest motivations affect your emotional well-being?
- Are there any motivations you want to strengthen or better understand?

What Do Your Results Say About You?

Your highest scores reflect the **core motivators** that drive your thoughts, decisions, and actions. These are the things that matter most to you — they influence how you interact with others, how you handle challenges, and what gives you energy or stress.

- **Power:** If you scored high on Power, you probably feel confident when you're leading, making decisions, or guiding others.
- **Independence:** If Independence stands out, you likely feel most at ease when you can make your own choices and do things your way.
- **Curiosity:** If you scored high on Curiosity, you likely feel best when learning new things or exploring new ideas.
- **Acceptance:** If Acceptance is strong for you, you might be sensitive to judgment and feel happiest when you know others appreciate you.
- **Order:** A high score in Order means you feel more comfortable when your environment is structured, tidy, and predictable.
- **Saving:** If Saving is one of your top motivators, you probably find comfort in keeping things for the future — like money, time, or personal items.
- **Honor:** If Honor stands out, staying true to your values and acting with integrity may be very important to you.
- **Idealism:** A high score in Idealism means you care deeply about fairness and helping others or making a difference in the world.
- **Social Contact:** If Social Contact is high, being with others, talking, and socializing might give you energy and boost your well-being.
- **Family:** If you scored high on Family, strong bonds and spending time with loved ones are likely central to your happiness.
- **Status:** If Status is one of your top motivators, feeling recognized, respected, or admired might be especially important to you.
- **Vengeance (Justice):** A high score in Vengeance suggests that you strongly value fairness and may feel the need to speak up or respond when things seem wrong.

- **Romance:** If Romance stands out, affection, closeness, and feeling loved might be key to your emotional well-being.
- **Eating:** If Eating is a strong motivator for you, food may not just be about nutrition — it's also about pleasure and comfort.
- **Physical Activity:** If Physical Activity scores high, movement, sports, or being active probably helps you feel energized and healthy.
- **Tranquility:** If Tranquility is one of your top motivators, you probably seek calm environments and avoid stress or conflict whenever you can.

➤ **Annex 12– The bus driver sentences cards**

Nice Passengers (Supportive, encouraging – third person)

1. "The bus driver is doing an amazing job today."
2. "They're handling the route with such calm and care."
3. "I feel really safe with the way the bus driver is driving."
4. "They seem so focused and steady."
5. "This is one of the smoothest rides I've had."
6. "The driver is managing everything really well."
7. "They stay so calm, even when things get tricky."
8. "You can tell the bus driver is really trying their best."

Neutral Passengers (Observational, factual – third person)

1. "The bus driver is wearing a blue shirt."
2. "There are a lot of people on the bus today."
3. "The weather is clear."
4. "The bus turned left a few seconds ago."
5. "The ride has been going for about 10 minutes."
6. "The bus stopped at the red light."
7. "There are trees along the road."
8. "The driver looked at the mirror just now."

Mean Passengers (Critical, discouraging – third person)

1. "The bus driver clearly doesn't know what they're doing."
2. "They always make mistakes like that."
3. "I don't feel safe with them driving."
4. "They're too slow and confused."
5. "That turn was terrible — so sloppy."
6. "The driver should really try harder."
7. "They mess up all the time."

8. "Someone else should be driving instead."

BINGO

Take a walk outdoors

Have a good night's sleep

Play a game

Do something kind for someone else

Buy someone a "just because" gift

Enjoy nature

Breathe in and out deeply for 2 minutes

Repeat a positive affirmation

Do some exercises

Talk to an adult that you trust

Forgive yourself

Squeeze a stress ball

Read a good book

Hug a pet or a friend

Do some creative activity



» Annex 14 – Scenarios “What if?”

Scenario 1: Trouble Communicating

You’ve just arrived in a new country and you need to ask for directions, but you struggle with the local language. The person you ask doesn’t understand you and walks away.

Prompt for reflection:

- How would you feel in this moment?
- What would you usually do?
- What healthy coping technique could help you here?

Scenario 2: Bad News from Home

You receive a message from your family about a problem back home, but you’re far away and can’t do anything about it immediately. You feel helpless and anxious.

Prompt for reflection:

- How do you usually deal with bad news?
- What would help you feel supported right now?

Scenario 3: Feeling Excluded

During your mobility experience, other participants form a close group and rarely invite you to activities. You start feeling lonely and unwanted.

Prompt for reflection:

- How would you react in this situation?
- What coping strategy might help you reframe your thoughts or seek connection?

Scenario 4: Overwhelmed by Responsibilities

You have several tasks piling up — school, volunteering, and managing daily life abroad. You start to feel overwhelmed and don’t know where to begin.

Prompt for reflection:

- How do you usually handle pressure like this?
- Can any strategy help you prioritize or manage your stress?

Scenario 5: Receiving Unfair Criticism

A peer criticizes your work or effort in a way that feels harsh or disrespectful. You weren't expecting it, and it makes you doubt yourself.

Prompt for reflection:

- How do you react to criticism — do you shut down, defend yourself, or something else?
- What could help you stay grounded and respond in a healthy way?

➤ Annex 15 – Scenarios “Volunteering adventure”

These scenarios can be introduced progressively during the storytelling or written on cards for random selection.

1. **One of your team members didn't show up and didn't inform anyone in advance.**
Now everyone is left with more work and less time to complete the setup.
2. **There's a last-minute change to the event location.**
The new venue is further away, and you need to re-coordinate transportation and logistics.
3. **Two volunteers have a disagreement and stop communicating.**
Tension rises, and it affects the group dynamic and teamwork.
4. **The budget for the event is suddenly reduced by half.**
You must find creative ways to do more with fewer resources.
5. **A volunteer feels overwhelmed and wants to quit.**
They haven't said anything directly but have become withdrawn and less involved.
6. **You receive unexpected negative feedback from a partner organization.**
It shakes the team's motivation and confidence just before the event.
7. **The weather forecast predicts heavy rain on the event day.**
You need to quickly adapt the outdoor plan to an indoor alternative.
8. **Cultural misunderstandings arise between international and local volunteers.**
Some behaviors are perceived as rude or disrespectful, but unintentionally.
9. **The team's leader becomes unavailable due to a personal emergency.**
The group must reorganize and distribute leadership responsibilities.
10. **The community attendance is much lower than expected.**
Some team members feel the effort was wasted and are visibly disappointed.

Annex 16 – List of coping strategies

Relaxation & Emotional Regulation Strategies

- Deep breathing
- Guided meditation or mindfulness
- Gentle yoga or stretching
- Listening to calming music
- Aromatherapy (essential oils, incense)
- Taking a short break to refocus or ground yourself

Creative Outlets

- Drawing, painting, coloring
- Journaling or creative writing
- Photography or collage-making
- Playing a musical instrument
- Creating a vision board

Physical Activity & Body-Based Strategies

- Going for a walk or hike in nature
- Dancing or moving to music
- Moderate exercise (e.g., cycling, jogging)
- Team or individual sports
- Gentle movement (e.g., tai chi, qigong)

Cognitive & Mental Techniques

- Positive self-talk / reframing negative thoughts
- Personal affirmations
- Planning and organizing (to-do lists, time blocks)
- Identifying and challenging unhelpful thought patterns
- Using an emotion wheel or mood tracker

Social Support Strategies

- Talking to a trusted friend or family member
- Joining a peer support group
- Reaching out to a mentor or mental health professional
- Participating in community or group activities
- Volunteering or contributing to a shared cause

Connection with Nature

- Gardening or caring for plants
- Observing the natural environment (birds, trees, sky)
- Spending time outdoors (parks, forests, lakes)
- Doing outdoor activities (picnics, outdoor games)

Healthy Lifestyle Habits

- Getting enough sleep
- Eating regular, balanced meals
- Reducing screen time (especially before bed)
- Taking guilt-free time for yourself
- Maintaining a consistent daily routine

➤ Annex 17 – End of training quiz

1. What is mental health, and why is it important to talk about it?

- a) It refers only to our physical health.
- b) It influences how we think, feel, and act.
- c) It has no impact on our relationships or decision-making.
- d) It only matters during times of crisis.

Correct Answer: (b)

Explanation: Mental health affects our thoughts, emotions, behaviors, and decision-making. Talking about it promotes awareness, understanding, and access to support.

2. How does stigma affect mental health and well-being?

- a) It encourages people to seek help.
- b) It promotes open communication.
- c) It creates barriers and can lead to isolation.
- d) It always improves mental health.

Correct Answer: (c)

Explanation: Stigma can cause shame and discourage people from seeking help, which can worsen their mental health and increase isolation.

3. Which strategy helps reduce stigma?

- a) Avoiding conversations about mental health.
- b) Challenging stereotypes and promoting empathy.
- c) Ignoring people's struggles.
- d) Discouraging others from seeking help.

Correct Answer: (b)

Explanation: Educating others, promoting empathy, and challenging harmful stereotypes help create an environment where mental health can be discussed openly.

4. What is a common symptom of fragile mental health?

- a) Feeling constantly happy.
- b) Never feeling negative emotions.
- c) Increased productivity in all situations.
- d) Emotional distress such as sadness or anxiety.

Correct Answer: (d)

Explanation: Emotional distress, including persistent sadness or anxiety, is a common indicator of fragile mental health that needs attention.

5. Which of the following is a common mental health disorder?

- a) Anxiety Disorder.

- b) Feeling temporarily sad.
- c) Always being happy.
- d) High energy levels all the time.

Correct Answer: (a)

Explanation: Anxiety disorders are among the most common mental health conditions and can impact daily life significantly if untreated.

6. Which factor influences mental health?

- a) Only external factors like environment.
- b) Only internal factors like personality.
- c) Both external and internal factors.
- d) No factors influence mental health.

Correct Answer: (c)

Explanation: Mental health is influenced by various factors, including environment, genetics, life experiences, personality, and coping skills.

7. What is the difference between emotions and feelings?

- a) Feelings and emotions are the same.
- b) Emotions are instinctual reactions; feelings are personal interpretations.
- c) Emotions are only physical reactions.
- d) Feelings only occur when you are happy.

Correct Answer: (b)

Explanation: Emotions are automatic, while feelings are the conscious interpretations of those emotions shaped by personal experiences.

8. What is the purpose of the Wheel of Emotions?

- a) To help identify and understand emotional responses.
- b) To eliminate all emotions.
- c) To confuse emotional awareness.
- d) To stop people from feeling anything.

Correct Answer: (a)

Explanation: The Wheel of Emotions provides a framework to identify, name, and understand various emotions, which promotes emotional awareness.

9. Why is emotional self-awareness important?

- a) It only matters for positive emotions.
- b) It prevents all negative emotions from happening.
- c) It makes emotions disappear completely.
- d) It helps recognize and manage emotions effectively.

Correct Answer: (d)

Explanation: Self-awareness allows individuals to understand their emotions, leading to better emotional regulation and resilience.

10. Which of the following is a healthy coping mechanism?

- a) Isolating yourself from everyone.
- b) Ignoring problems entirely.
- c) Physical activities like exercise.
- d) Refusing to seek help.

Correct Answer: (c)

Explanation: Physical activities release endorphins and reduce stress, making them an effective coping strategy for emotional regulation.

11. How do coping strategies improve mental health?

- a) By promoting emotional regulation and resilience.
- b) By preventing all stressful situations.
- c) By making all problems disappear.
- d) By avoiding all negative feelings.

Correct Answer: (a)

Explanation: Effective coping strategies enhance emotional regulation, build resilience, and improve overall mental health.

12. What is a personal resilience toolkit?

- a) A strategy for avoiding all negative emotions.
- b) A collection of coping strategies tailored to your needs.
- c) A tool that eliminates stress forever.
- d) An item that makes you happy at all times.

Correct Answer: (b)

Explanation: A personal resilience toolkit consists of coping skills and resources you can use to manage stress and build resilience.

➤ **Annex 18 – Post-training evaluation questionnaire**

1. How satisfied are you with the training overall? (1 = Not satisfied, 5 = Very satisfied)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. Did the training meet your expectations?
☐ Yes, completely
☐ Partially
☐ No, not at all
3. How likely are you to apply the knowledge and strategies gained during this training in your daily life? (1 = Not likely, 5 = Very likely)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. How would you rate your understanding of the following topics after the training? (1 = No understanding, 5 = Full understanding)
 - Understanding mental health and mental illness ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Differentiating between well-being, distress, and disorders ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Recognizing stigma and its impact ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Applying coping mechanisms to manage stress ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Understanding your emotions ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Building resilience ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Knowing where and how to seek mental health support ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. How would you rate the following aspects of the training? (1 = Not satisfied, 5 = Very satisfied)
 - Training organization and structure ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Interest and relevance of the content ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Clarity and quality of the trainers' presentations ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Opportunities for participation and interaction ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Usefulness of the different activities and tools presented ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Pace, duration, and progression of the training ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Logistics and accessibility of the training format (venue, materials, breaks, etc.) ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. How useful was each module for you? (1 = Not useful at all, 5 = Very useful)
 - Module 1: Talking openly about mental health ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Module 2: Dealing with mental health challenges ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Module 3: Getting to know your emotions ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 - Module 4: Building resilience to cope with challenges ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. What could be improved in the training?
 - ☐ Content clarity
 - ☐ More examples or cases studies

- ☐ Time management
- ☐ Nothing – I was satisfied
- ☐ Other (please specify): _____

8. What part of the training did you find most helpful?

- ☐ Understanding the mental health continuum
- ☐ Identifying personal mental health challenges
- ☐ Breaking down stigma and myths
- ☐ Learning and practicing coping strategies
- ☐ Emotional intelligence and self-awareness
- ☐ Group discussions and personal reflections
- ☐ Other (please specify): _____

9. What aspects of the training were the least relevant or useful?

- ☐ Theoretical concepts related to mental health
- ☐ The models and tools introduced –e.g., Iceberg Model, Wheel of Emotions)
- ☐ Coping strategies and resilience-building techniques
- ☐ Information on support systems and professional resources
- ☐ Group discussions and interactive exercises
- ☐ None – I found all elements useful
- ☐ Other (please specify): _____

10. Is there any topic that you think should be covered in more depth?

- ☐ Emotional regulation and self-awareness techniques
- ☐ More case studies or role-playing to apply concepts
- ☐ Strategies for responding to mental health crises
- ☐ Cultural considerations and inclusion in mental health support
- ☐ Identifying and addressing signs of fragile mental health
- ☐ Structuring personal coping plans or resilience toolkits
- ☐ Using digital tools and resources for mental well-being
- ☐ None – the depth of coverage was sufficient
- ☐ Other (please specify): _____

11. Would you recommend this training to someone else?

- ☐ Yes
- ☐ Maybe
- ☐ No

12. Do you have any additional comments or suggestions for improvement?