



LET'S TALK ABOUT MENTAL HEALTH

Training MIND



Training Agenda

DAY 1

| | |
|-------------|--|
| 9:00-9:30 | INTRODUCTION |
| 9:30-12:30 | MODULE 1: TALKING OPENLY ABOUT MENTAL HEALTH |
| 12:30-13:30 | Lunch |
| 13:30-16:30 | MODULE 2: DEALING WITH MENTAL HEALTH CHALLENGES |
| 16:30-17:00 | CONCLUSION ON THE DAY AND EVALUATION |

DAY 2

| | |
|-------------|--|
| 9:00-12:30 | MODULE 3: GETTING TO KNOW YOUR EMOTIONS |
| 12:30-13:30 | Lunch |
| 13:30-16:30 | MODULE 4: BUILDING RESILIENCE TO COPE WITH CHALLENGES |
| 16:30-17:00 | CONCLUSION OF THE TRAINING AND EVALUATION |



SAFE PLACE CHARTER

➤ **LET'S GET TO
KNOW EACH
OTHER**





THE NAME GAME

BEGINNING TEST





What is mental health?





What is mental health?



Mental
health

Psychological
disorders

Mental illness

Emotional
health

Distress

Well-being

Mental health



State of well-being that affects how we
feel, think and **behave**

“A state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to well-being.”

- WHO

Mental health Continuum



Mental health concepts

Mental well-being

... is a positive state of mind where a person:

- ✓ Feel good emotionally
- ✓ Function well psychologically and socially
- ✓ Can handle everyday stress and challenges

Subjective state of satisfaction and inner balance

Mental health

... is a state of mental well-being that enables people to:

- ✓ Cope with the stresses of life
- ✓ Realize their abilities
- ✓ Learn well and work well
- ✓ Contribute to their community

Overall state of psychological functioning

Mental health concepts

Mental well-being

Quality of experience

Need balance and daily attention

Affects how we function and flourish

Everyone can improve it

Can be low or high

Doesn't require illness to be relevant

How we personally experience our mental state

Mental health

State of mind

Affects how we think, feel, act

Can include mental illness

Everyone has it

Needs support and care

Can be good or poor

How we think, feel and cope with life

Mental health concepts

Emotional health

... is how a person feels and thinks, how well people are able to accept and manage their emotions, helps to achieve a state of well-being

Mental health concepts

Distress

... is a state of emotional suffering:

- ✚ Feeling overwhelmed
- ✚ Emotional pain
- ✚ Temporary, but real

A temporary emotional reaction to stress

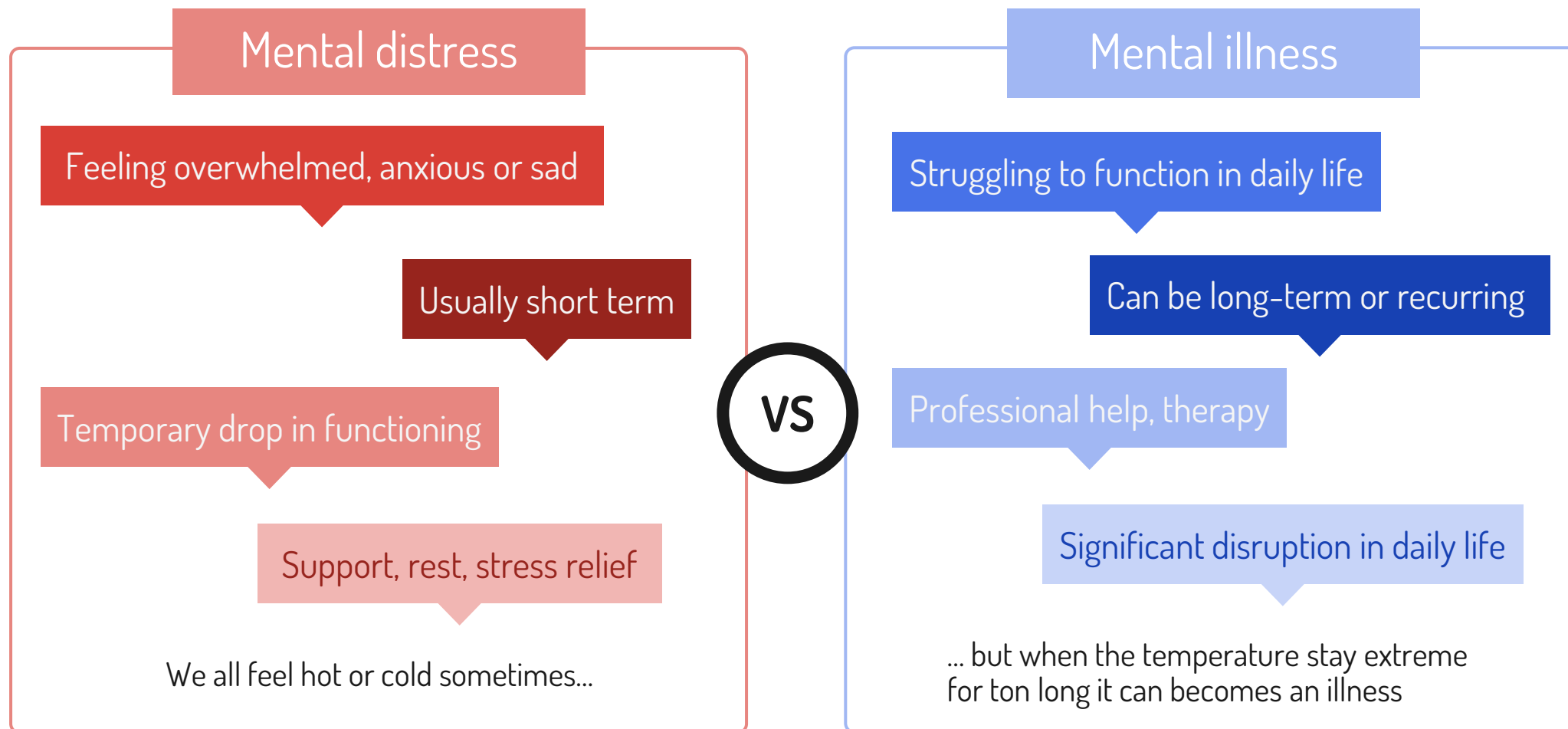
Mental illness

... (= Psychological disorders) are conditions that affect mental health, including:



- 👉 Anxiety
- 👉 Depression
- 👉 Bipolarity
- 👉 Schizophrenia

A diagnosed condition affecting mood, thoughts, behavior

Mental health concepts

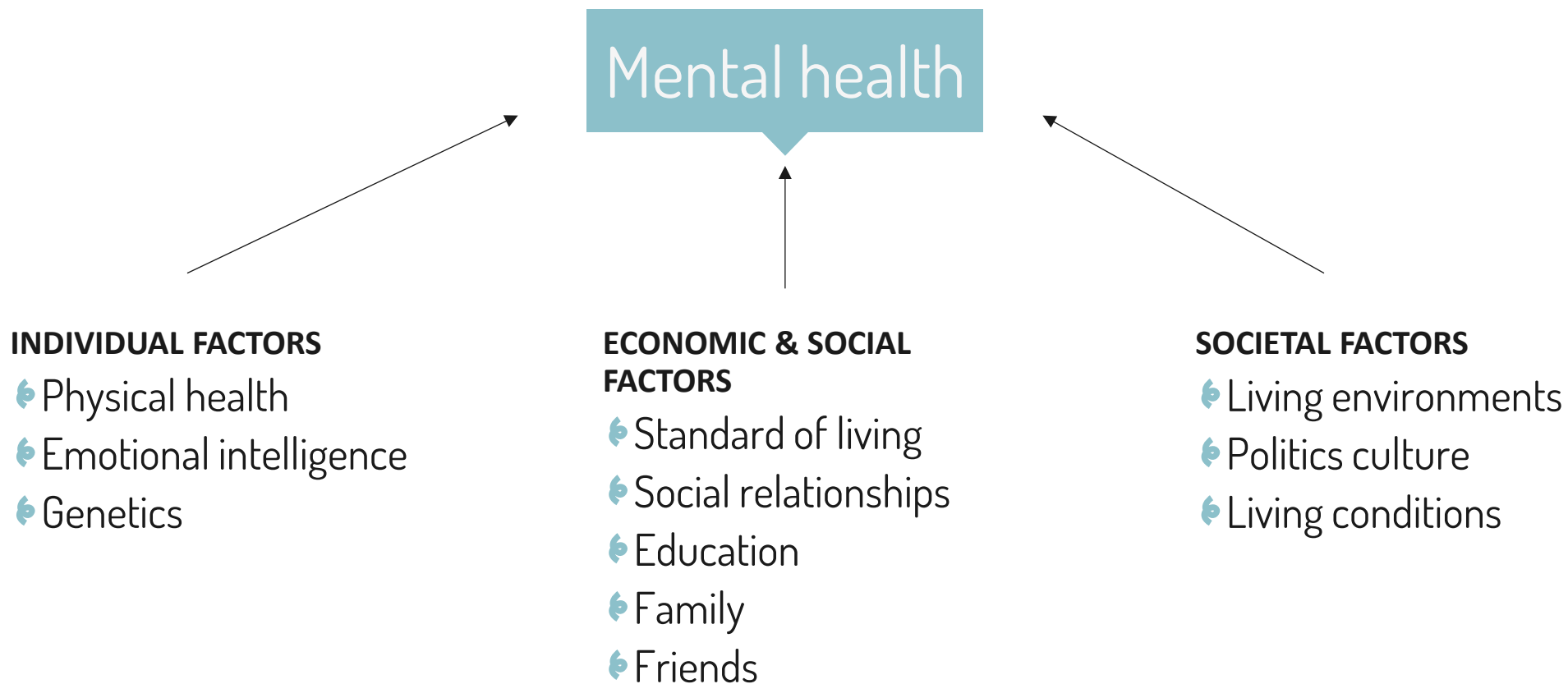


Influences of mental health

-  Why is our mental health always moving on the continuum?
-  What can lead you to have a good or bad mental health?



Factors Influence of mental health



Factors are either:

Ressources

- ✓ Internal
- ✓ External

Factors are either:

Ressources

- ✓ Internal
- ✓ External

Obstacles

- ✗ Individual
- ✗ Collective

TALKING OPENLY ABOUT MENTAL HEALTH

Module 1





➤ **HOW AM I FEELING
TODAY?**



Why is it important to talk about mental health?





Why is it important to talk about mental health?



Builds
resilience

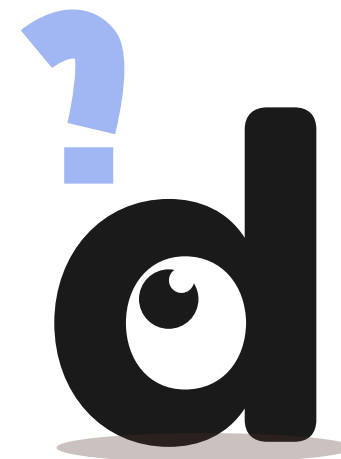
Helps break down the stigma
around mental health issues

Allows for early intervention when needed

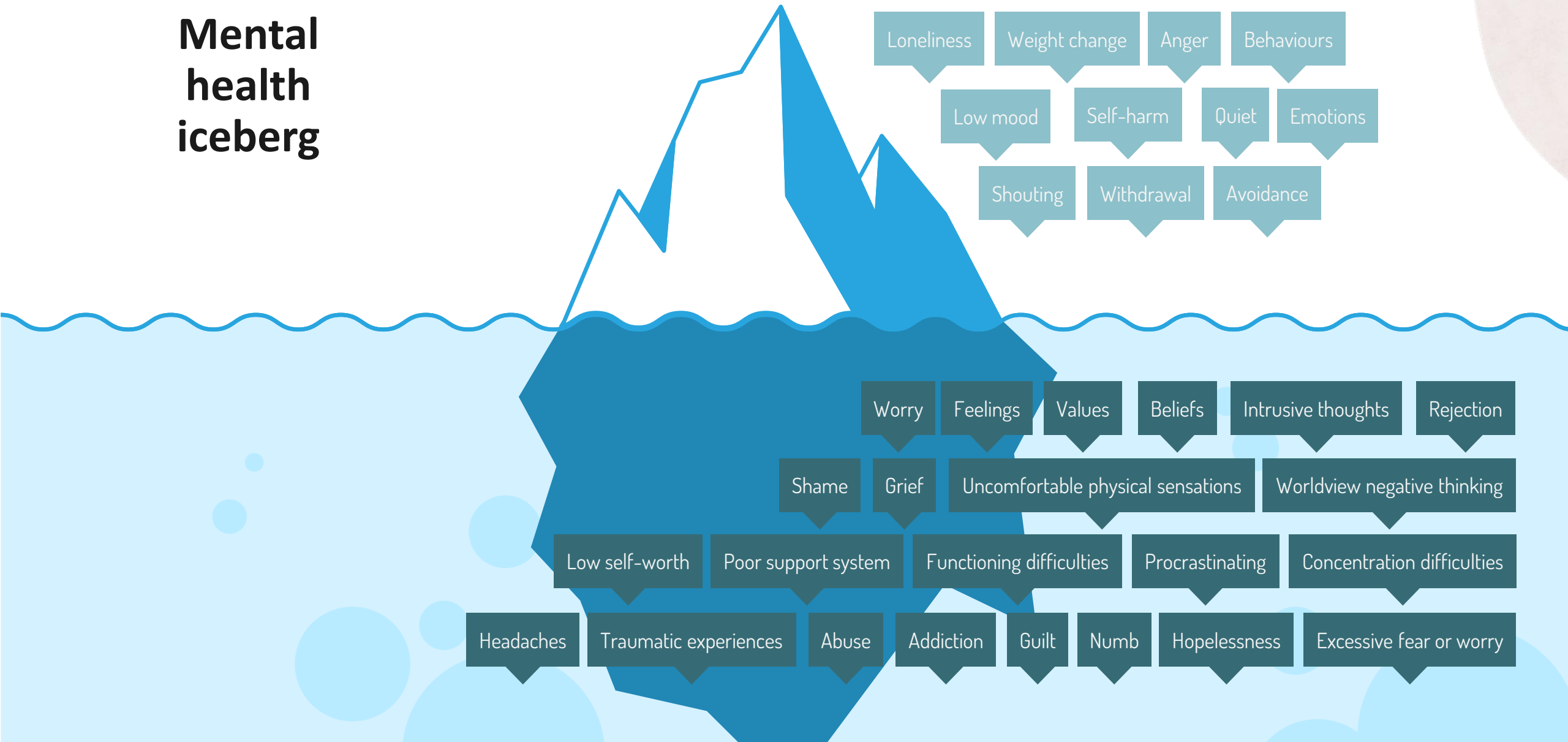
The power of self-reflection

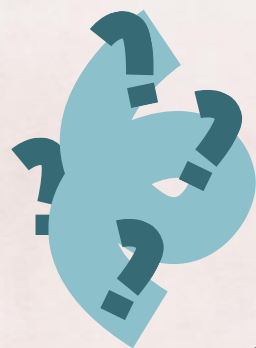
? What are the benefits?

? How to self-reflect?



Mental health iceberg





d

» DICE GO AROUND

Dice go around - Easy set



Think of a time you felt happy. What were the factors contributed to that moment?



Tell us a time you were proud of yourself and why?



Who/What are you turning to if you are facing challenges?



What makes you angry?



What situation/habit will make you exhausted?



What in your daily routine helps you feel good emotionally?



Dice go around – More-in-depth set

1. Think of a time you felt happy. What were the factors contributed to that moment?
2. What makes you angry?
3. Tell us a time you were proud of yourself and why?
4. What situation/habit will make you exhausted?
5. Who/What are you turning to if you are facing challenges?
6. What in your daily routine helps you feel good emotionally?
7. Share 2 decisions you made that made a big change in your life
8. What is a behaviour or habit that you know is not good for your mental health?
9. What are the most common negative thoughts you have, and how do you challenge them?
10. What values are most important to you, and how do they influence your mental health?
11. How do you respond when someone disagrees with you or criticizes you?
12. What situation or habit will make you feel exhausted?



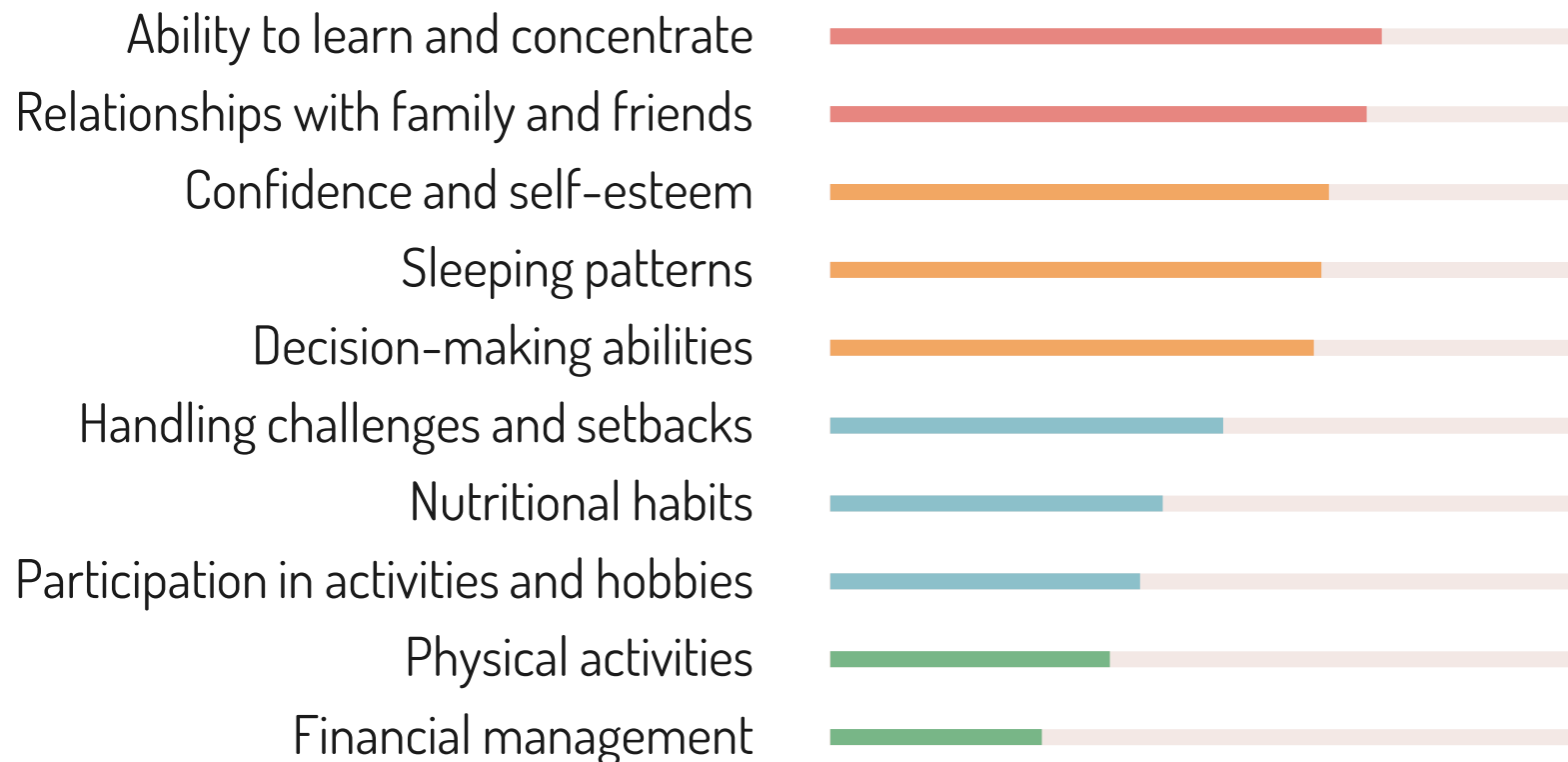


How does mental health influence our daily life?





How does mental health influence our daily life?





Think about the triggers!





Think about the triggers!



Loss or grief

Trauma or abuse

Health issues

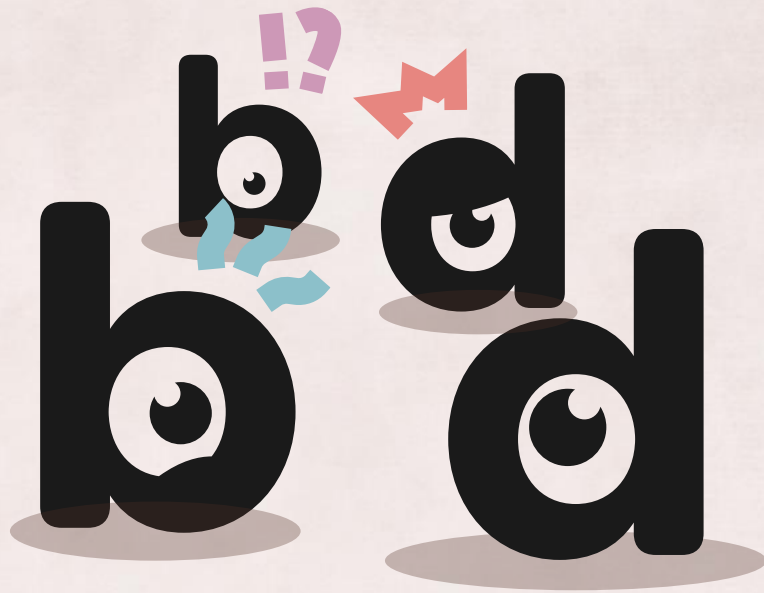
Relationship problems/family issues

Housing problems

Global situations

Screen time

Discrimination or bias



THE TREASURE HUNT



What is stigma?



Stigma of mental illness

Stigma refers to a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid and discriminate against people with mental illnesses

- SAMSHA 2004

Stigma

➤ **Public stigma**

Negative attitudes and beliefs from individuals or larger groups towards people with mental health conditions

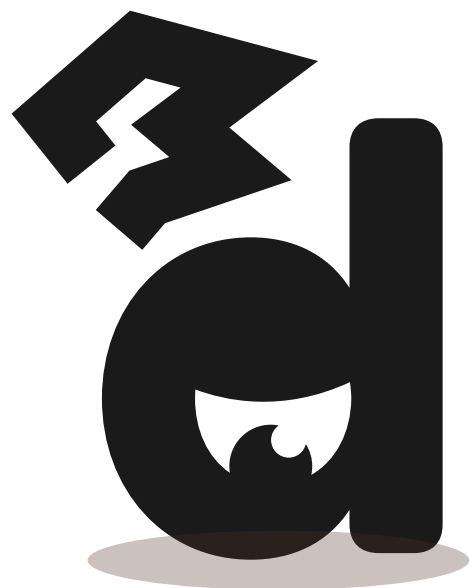
➤ **Self-stigma**

Individuals with mental health conditions internalizing these negative beliefs

➤ **Structural stigma**

Systemic policies and practices that limit opportunities for people with mental health conditions

Young people experience stigma through different settings:



- ⚡ Labelling
- ⚡ Negative attitude
- ⚡ Stereotyping
- ⚡ Prejudice
- ⚡ Discrimination
- ⚡ Division of “us” versus “them”

The impact of stigma

You're crazy

You can't be depressed;
you're so happy

She's schizophrenic





MENTAL HEALTH MYTHS AND FACTS



Why do myths exist and persist?



Myths surrounding mental health persist due to a combination of historical misconceptions, cultural beliefs, media portrayals and lack of education.

 **How can we differentiate myths from facts
about mental health?**





**Why is it important to consult experts and
listen to personal stories?**





**What educational resources can help
debunk mental health myths?**





How do myths impact mental health?



Social isolation

Barriers to help

Mental health outcomes

Self-stigma



Stigma and international mobility

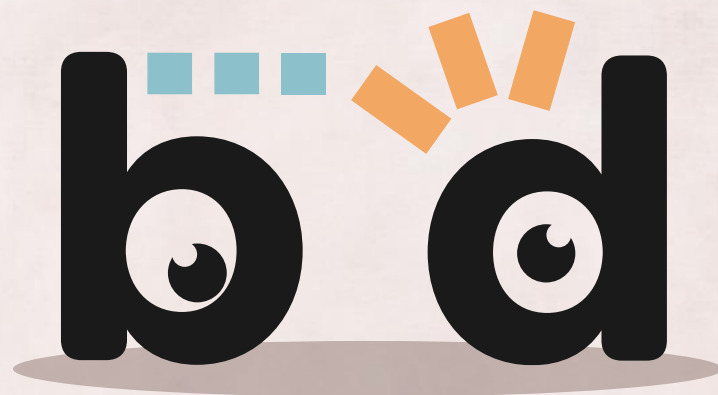


Cultural differences

Language barriers

Social integration

Lack of familiar support systems



GROUP DISCUSSION ON STIGMATISATION



How to reduce stigma?



Social isolation

Barriers to help










Mental health outcomes

Self-stigma



How to reduce stigma?



- | | | |
|--|--|--|
|  Speak positively |  Be conscious of language |  Be honest about treatment |
|  Speak naturally |  Encourage equality between physical and mental illness |  Choose empowerment over shame |
|  Educate yourself and others |  Show compassion |  Do not avoid getting treatment |

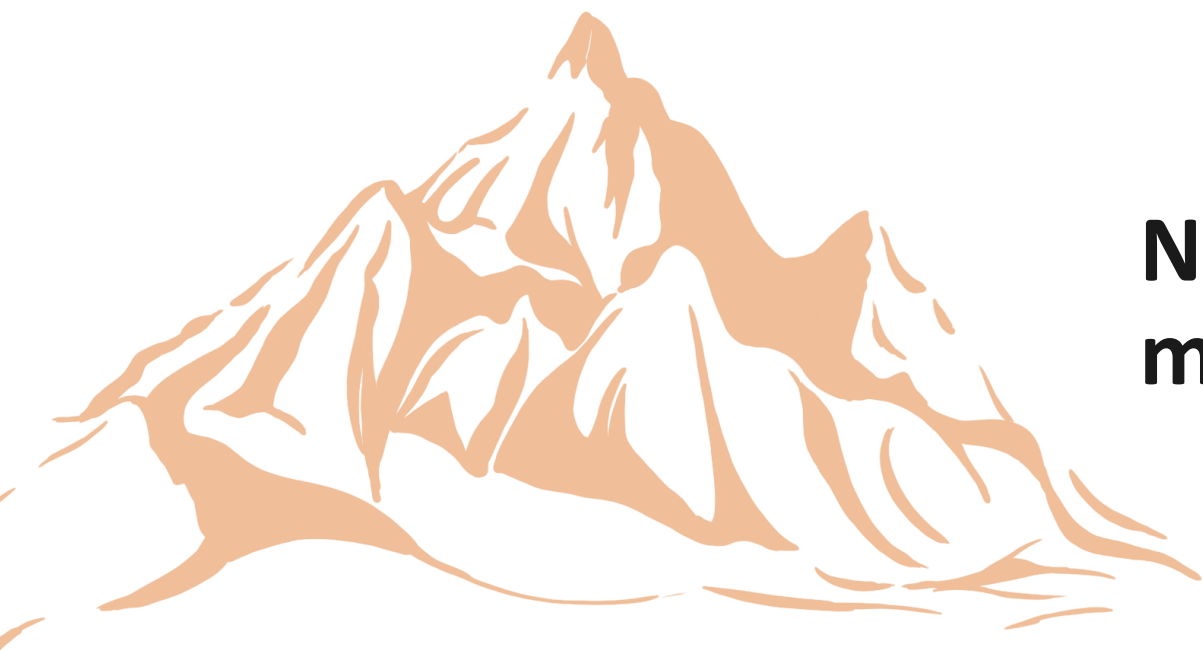
Reflecting on mental health awareness and stigma

Self-reflection

Triggers

Stigma





Next step: Dealing with mental health challenges

DEALING WITH MENTAL HEALTH CHALLENGES

Module 2





➤ **WHICH FAMOUS
PEOPLE LIVE WITH
A MENTAL ILLNESS?**

**Everyone can face mental
health challenges**





The various challenges that exist



Work or school-related
stress

Financial
pressures

Relationship
issues

Physical health
problems



The challenges in international mobility



Language barriers
linguistic assimilation

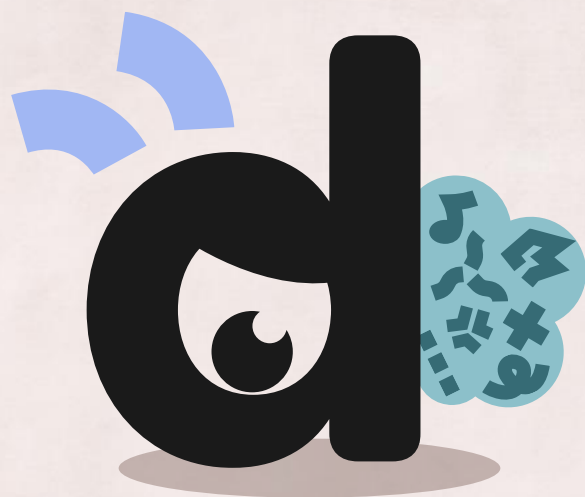
Integration into a
new environment

Acceptance and understanding
of cultural differences and values

Homesickness

Self-discovery

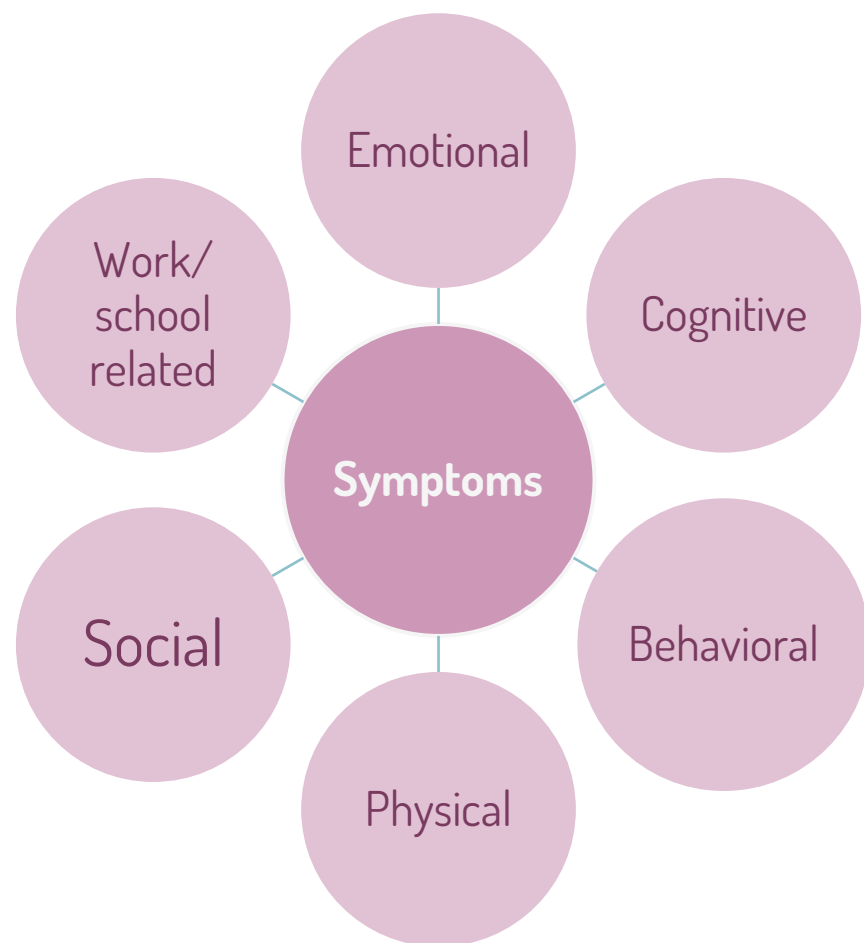
Carrying out activities



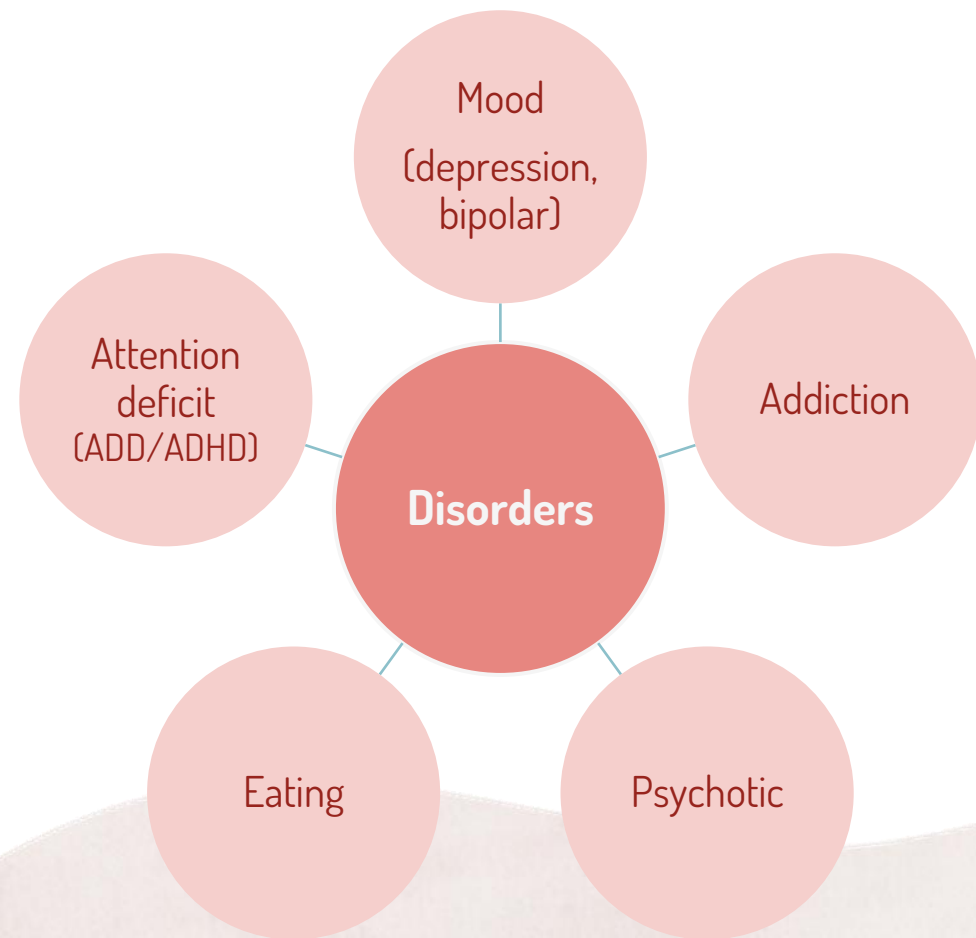
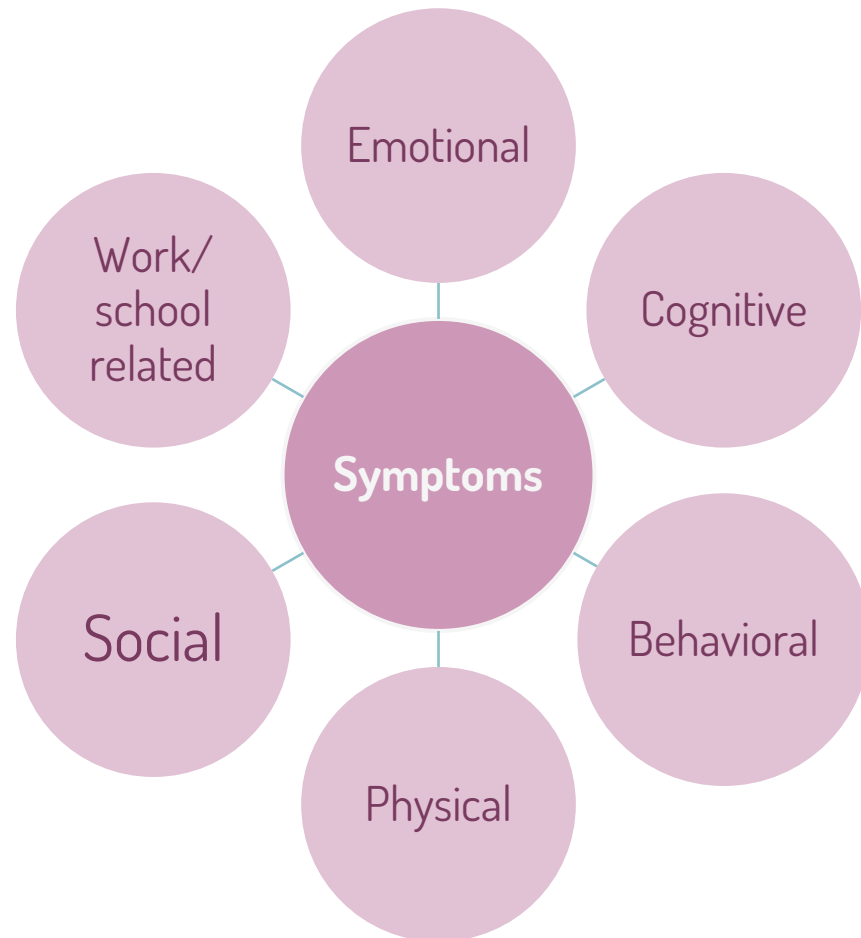
➤ MENTAL LOAD IN INTERNATIONAL MOBILITY



Recognizing the signs: symptoms of fragile mental health



Recognizing the signs: symptoms of fragile mental health



Anxiety disorder



Effects of anxiety



- Obsessive thoughts, concentration problems
- Increased heart rate, shortness of breath, sensation of suffocation
- Tiredness and sleep disorders
- Nervousness impatience on the alert
- Indecision, confusion
- Irrational and excessive fear
- Dizziness, headache, sweating
- Muscle tension/pain, shivering and shaking
- Nausea, dry mouth, stomach pains



ANXIETY DEBATE

Beyond challenges: Learning to cope and seek support

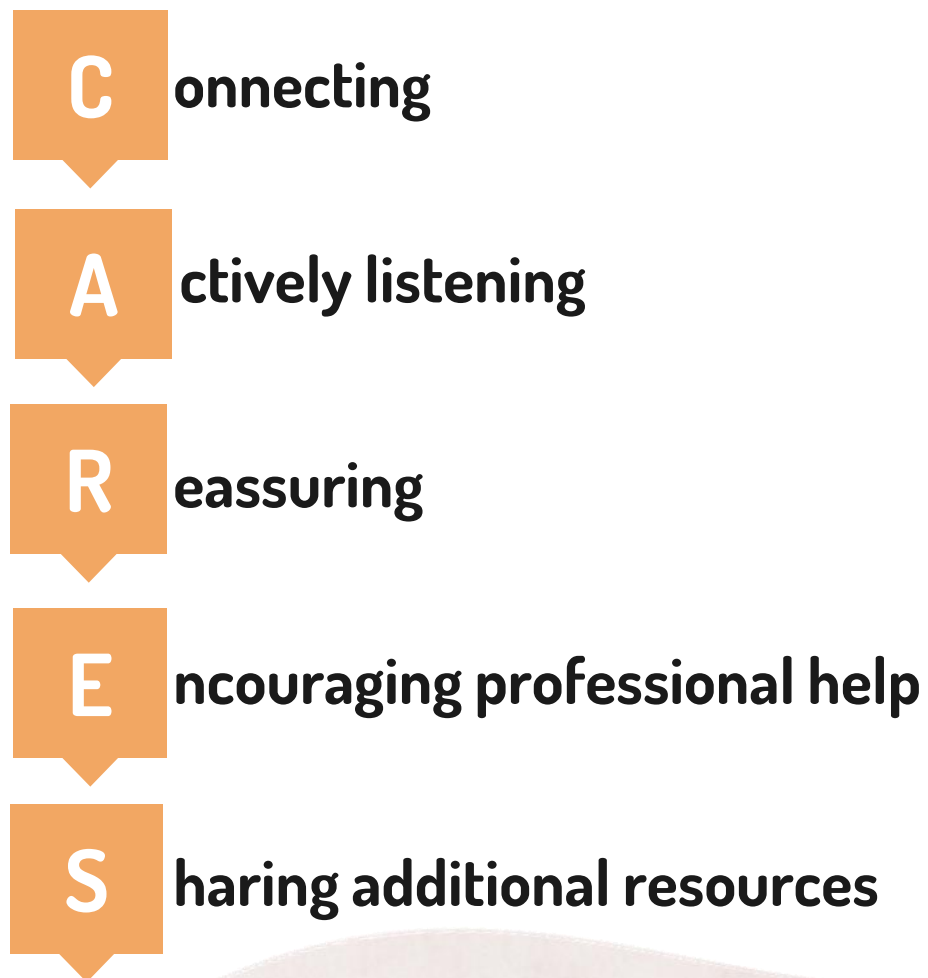




THE RESOURCES AUCTION



Pathways to mental health support





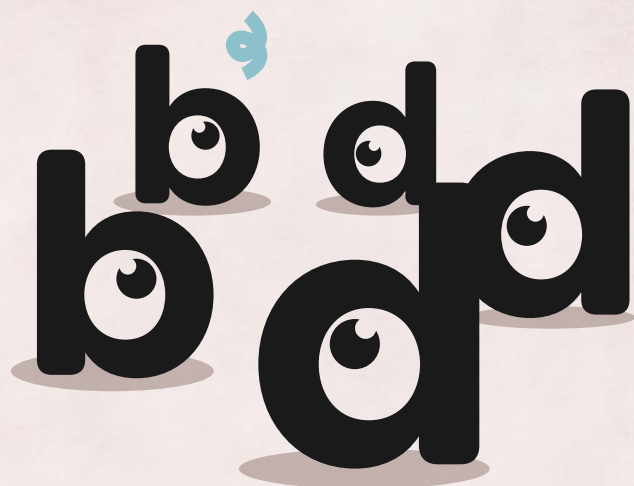
Mental health professionals

- General practitioners
- Psychologists
- Psychiatrists
- Social workers
- Community mental health centers



Other available resources

- National mental health organisations
- Helplines and crisis support
- Specialised services
- Online resources and mobil apps
- Educational Materials and Self-help resources



THE LISTENING CIRCLE

How to support mental health?

Empathy

ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation.





Social-Emotional Learning



Self-awareness



Relationship skills

Self-management

Responsible
decision-making

Social awareness

Positive and inclusive language

|  Instead of saying | Try saying  |
|---|--|
| "You're overreacting" | "I understand this is hard for you" |
| "Snap out of it" | "It's okay to take your time to feel" |
| "You have a problem" | "You're going through a tough time, but there are ways to get through this." |
| "You're being too sensitive" | "I understand this situation is really affecting you. Lets talk about how you're feeling" |
| "Just calm down" | "It seems like you're feeling overwhelmed. Let's take a moment to breathe together." |
| "You need to toughen up" | "It's Okay to feel like this We can work through this." |

Bringing it all together: Understanding mental health challenges and moving forward





Next step: Understanding and navigating your emotions

➤ GETTING TO KNOW YOUR EMOTIONS

Module 3





 **STATUES**

Difference between emotions and feelings

Emotions

- ✚ Automatic responses
- ✚ Happen quickly and involve physical reactions
- ✚ Natural reaction to something surprising or potentially dangerous
- ✚ Happen first

Feelings

- ✚ Personal experience
- ✚ Shaped by our thoughts and past experience
- ✚ Come after



Why is it important to know your emotions?



Primary emotions



Happiness



Anger



Fear



Disgust



Surprise



Sadness

Secondary emotions

Wheel of emotions



Knowing your emotions is leading to self-awareness

Internal self-awareness



- How I perceive myself
- Thoughts, emotions, behaviours
- Impact on others

External self-awareness



- How others perceive me
- Reactions to my behaviour
- Impact on relationships



A technique to recognize, process and manage emotions



Emotional regulation



A technique to recognize, process and manage emotions

Improving **Emotional Regulation**
will allow to improve your

Resilience 

*“Resilience is the ability to adapt, recover from stress,
adversity, and life’s inevitable challenges.”*



MOOD METER AND RULER APPROACH

Variety of intensity of emotions



Emotional
wave



Fire of
emotions



Emotional
boomerang



EMOTIONAL IDENTIFICATION



When emotions are too strong



Validate the emotions

Let the emotion takes its course



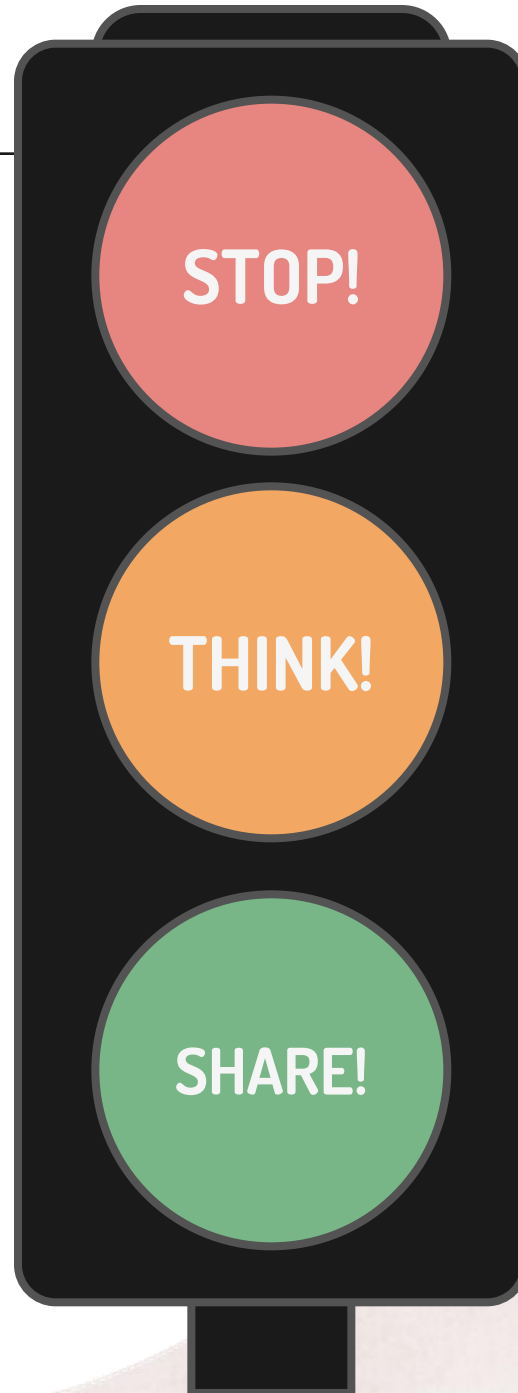
Use different strategies for self-regulation



General strategies to use for self-regulation



Stress-management traffic light tool

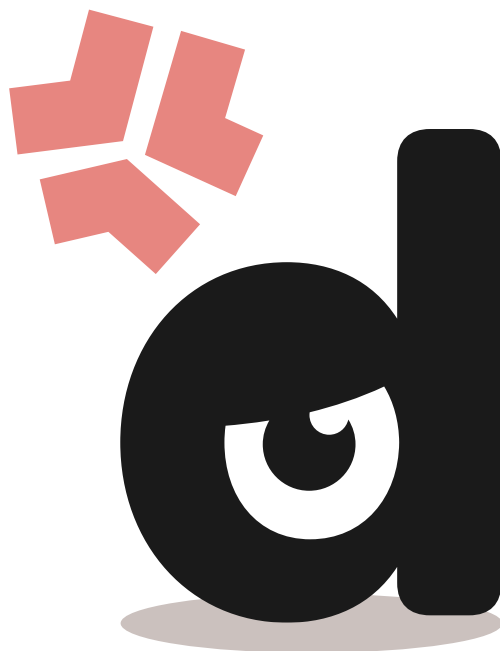


Count to 10, take deep
breaths and try
to calm down.

Why do you feel like this?
What has upset you?

Speak to a person you
trust about the issue.

Self-regulation of Anger



- ✓ Squeeze ice in your hand
- ✓ Throw a pillow on the floor
- ✓ Deep Breathing
- ✓ Exercise
- ✓ Count to 10 or 100

Self-regulation of Sadness



- ✓ Listen to music
- ✓ Self-compassion
- ✓ Engage in a comforting activity
- ✓ Stretch or move
- ✓ Ask for help

Self-regulation of Fear



- ✓ Focus on breathing
- ✓ Use affirmations
- ✓ Progressive muscle relaxation
- ✓ Visualise a safe place
- ✓ Squeeze something soft really hard (anti-stress ball)
- ✓ Ask for help

Self-regulation of Disgust



- ✓ Change environment
- ✓ Deep breathing
- ✓ Grounding

Self-regulation of **Surprise**



- ✓ Pause and breathe
- ✓ Give yourself space

- ✓ Move
- ✓ Positive self-talk

Self-regulation of Happiness



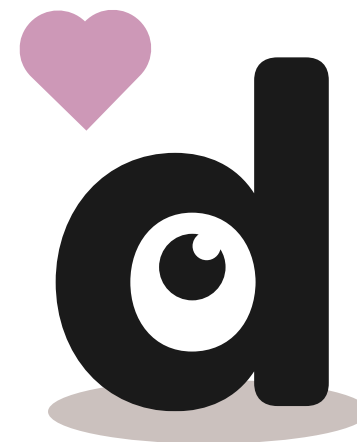
- ✓ Savor the Moment
- ✓ Share your Joy

- ✓ Gratitude Practice
- ✓ Be present

**Getting to know your emotions
helps you to learn more about
yourself**

Identify what you
like and don't like

Take care of
your wellbeing





REISS MOTIVATION PROFILE / QUIZ TO KNOW YOURSELF

Negative thoughts and cognitive distortions

“Ways of processing information that lead to errors of thought, transform reality and provoke emotional reactions that are often negative.”

Examples

Overgeneralisation Negative filtering Discounting the positive
All-or-nothing thinking “Mind reading” and fortune telling
Magnification or minimization Should must or ought statements
Personalisation and blame Labeling Emotional reasoning

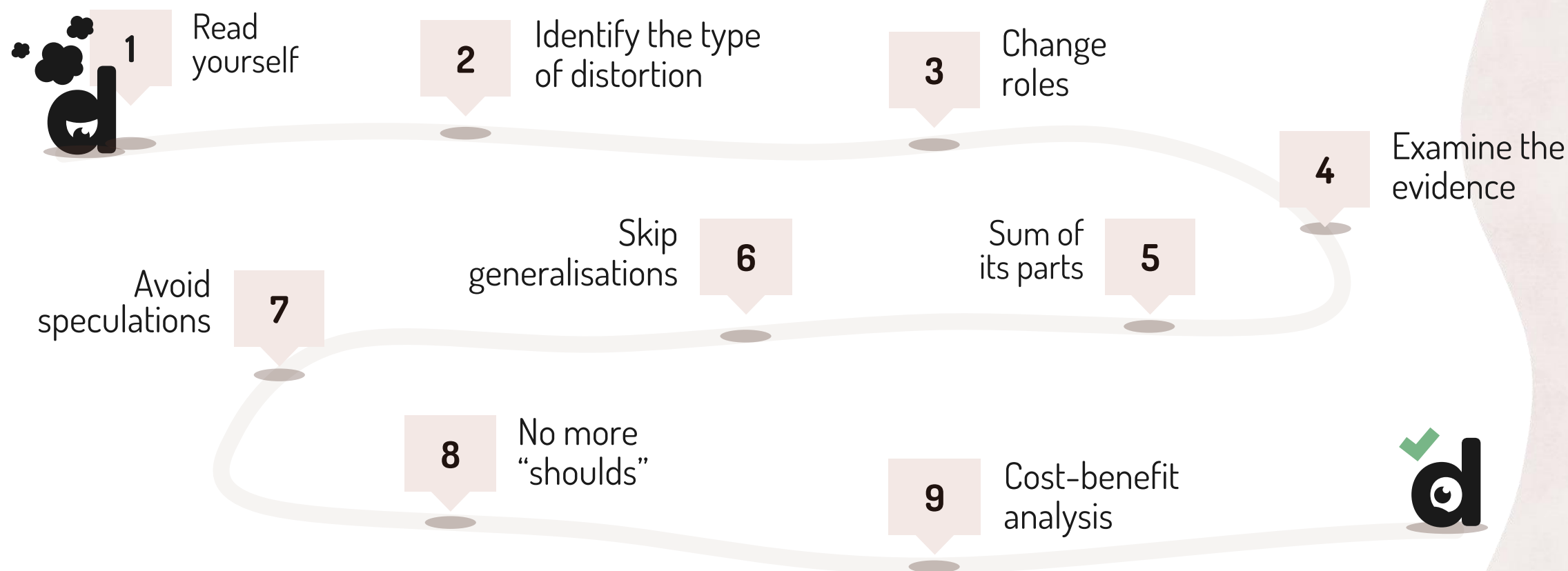


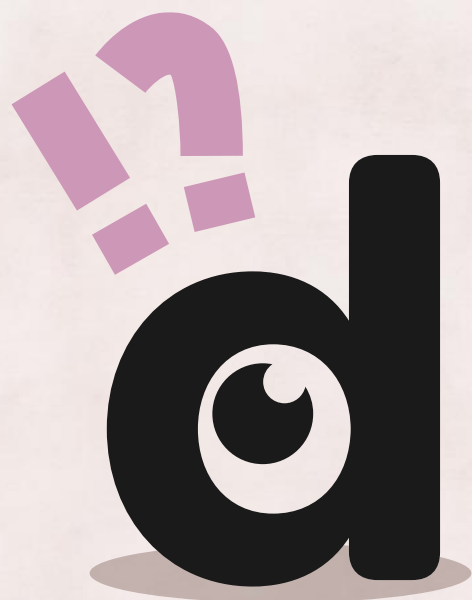


THE BUS DRIVER

Conclusion on cognitive distortions

➤ The first step is to identify your negative thoughts.





➤ 5 SENSES ACTIVITY



BREATHING TECHNIQUES



Reflecting on emotional intelligence and self-awareness



- Know our emotions, recognise triggers, self-regulation
- Self-awareness
- Knowing our emotions = knowing ourselves better
- Primary and secondary emotions, wheel of emotions
- Emotional regulation
- Variety of intensities
- Negative thoughts and cognitive distortions



**Next step: Building resilience
to overcome challenges**

BUILDING RESILIENCE TO COPE WITH CHALLENGES

Module 3





What is resilience?



Using external
resources

Emotional
regulation



How resilience works



Building internal
resources

Learning from
experiences



 **STRENGTH
IN YOU**

Coping mechanisms

Coping mechanisms are the strategies people often use in the face of stress and/or trauma to help manage painful or difficult emotions. Coping mechanisms can help people adjust to stressful events while helping them maintain their emotional well-being.

Why are coping mechanisms important?

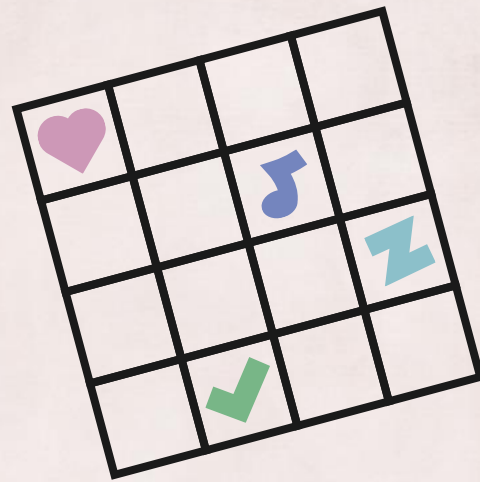


STRESS

STRESS

Stress is the body's reaction to feeling overwhelmed or pressured, causing tension and worry. Small amounts can motivate, but too much can be harmful





 **BINGO**

Types of coping strategies

[illegible]

Types of coping strategies

| TYPE | GOAL | WHEN TO USE | HOW |
|-----------------|-------------------|--------------------------------|--|
| Problem-focused | Solve the problem | You can change the situation | Develop an action plan – Seeking practical support – Time management |
| Emotion-focused | Manage emotions | You can't change the situation | Positive reappraisal – Acceptance – Relaxation practices – Journaling |
| | | | |
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| | | | |
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| 3 | Meaning-focused | Find meaning | You need emotional strength | Seeking emotional support – Creative expression – Spirituality |
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| 4 | Avoidance (when healthy) | Step back & recharge | You risk overload | Taking temporary distance – Engaging in enjoyable activities |
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| 5 | Proactive | Prevent stress | Before stress happens | Preparation and planning – Strengthening personal skills – Self-care |

Types of coping strategies

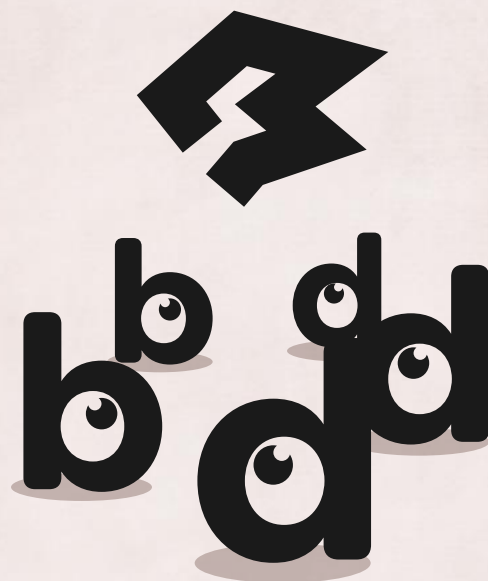
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| 6 | General | Build resilience | Ongoing support & balance | Regular physical exercise – Maintaining healthy social relationships – Mindfulness practices – Limiting harmful substances |

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 **WHAT IF**



RESILIENCE QUEST: A VOLUNTEERING ADVENTURE



Why It's important to have your own coping skills



Emotional
regulation

Improved
mental health

Resilience building

Empowerment
and confidence

Coping strategies in action

PHYSICAL ACTIVITIES

- ✿ Cardiovascular exercises
- ✿ Yoga and pilates
- ✿ Sports and recreational activities

Coping strategies in action

PHYSICAL ACTIVITIES

- ✿ Cardiovascular exercises
- ✿ Yoga and pilates
- ✿ Sports and recreational activities

CREATIVE OUTLETS

- ✿✿ Artistic expression
- ✿✿ Music and dance
- ✿✿ Writing and journaling
- ✿✿ Crafting and DIY projects

Coping strategies in action

PHYSICAL ACTIVITIES

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RELAXATION TECHNIQUES

- ✿ Mindfulness meditation
- ✿ Deep Breathing exercises
- ✿ Progressive muscle relaxation
- ✿ Guided imagery

Coping strategies in action

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SOCIAL SUPPORT

- ♥ Talking to friends and family
- ♥ Participating in support groups
- ♥ Building relationships
- ♥ Seeking professional help

Coping strategies in action

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STRUCTURED ACTIVITIES AND ROUTINES

- ✦ Establishing daily schedules
- ✦ Setting achievable goals
- ✦ Engaging in meaningful activities

Coping strategies in action

PHYSICAL ACTIVITIES

- ✿ Cardiovascular exercises
- ✿ Yoga and pilates
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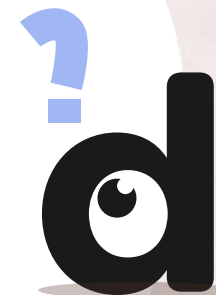


PERSONAL RESILIENCE TOOLKIT

Strengthening resilience for future challenges



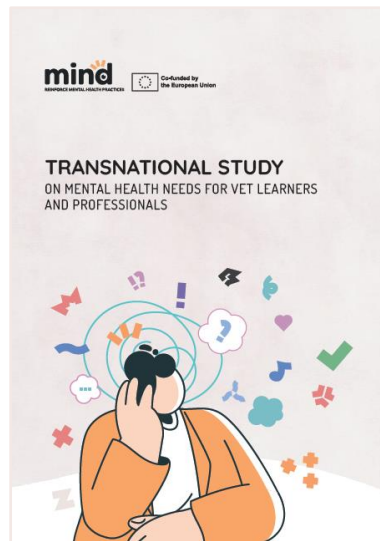
TRAINING QUIZ: EVALUATING YOUR UNDERSTANDING



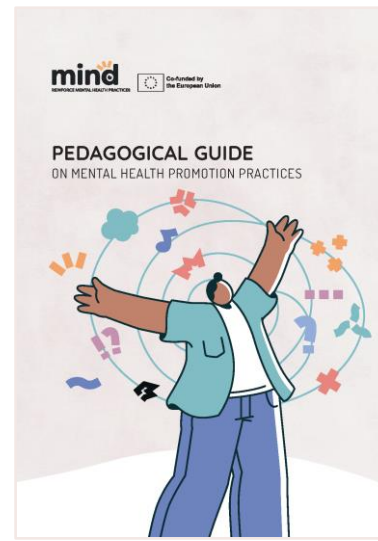
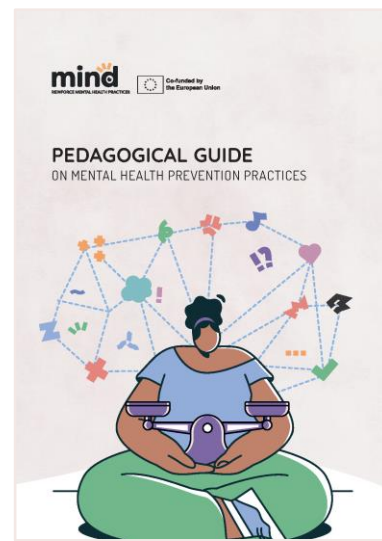
Reflexion on the training



Transnational
study



Promotion &
prevention guides



Interactive
tool



THANK YOU FOR PARTICIPATING!

Stay resilient and take care of
yourself!





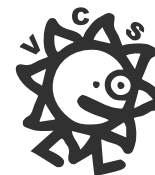
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