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COMPETENCE FRAMEWORK FOR MENTAL HEALTH PROMOTION IN YOUTH IN SWEDEN, ESTONIA, LITHUANIA, BULGARIA AND CYPRUS

TOPICS

- Understanding Mental Health Disorders - Tavo Europa (Lithuania)
- Having MHD: The public and self-stigma of MHD - VitaTiim (Estonia)
- Techniques coping with MHD, Seeking help and finding support - WalkTogether (Bulgaria)
- Emotional Life skills for taking care and maintaining our MH - Connecting Dots (Cyprus)
- Social Life skills for taking care and maintaining our MH “Mindfulness” - Positive Youth (Sweden)



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INTRODUCTION

Mental health promotion among youth is a crucial aspect of overall health and well-being. However, despite the increasing recognition of the importance of mental health, there is a lack of standardized frameworks for promoting mental health in youth, particularly in different regions and countries. In response to this need, a joint competence framework for mental health promotion in youth was developed, adapted to the realities and needs of young people in Sweden, Bulgaria, Lithuania, Cyprus, and Estonia. This framework is designed to provide guidance to professionals and stakeholders working with youth in promoting mental health and preventing mental health issues. The development of this joint framework represents a collaborative effort to address the unique needs and contexts of these five European countries, and to promote a more comprehensive approach to mental health promotion among young people.

Globally, it is estimated that 14% of 10-19 year-olds' experience mental health disorders, such as anxiety and depression (WHO 2021). Undoubtedly, the COVID 19 crisis increased the number of young people with depression and anxiety. According to a Youth & Covid-19 survey in 112 countries, worry and stress about their future career are emotions that young people are likely to have felt in the recent 2 years, which has affected their mental wellbeing. UNICEF reported that, globally, suicide is the 4th most common cause of death among young people (aged 15-19) with Eastern Europe and Central Asia to have the largest percent of suicides.

Importantly, as most of MHD appeared during the transition to adulthood, a critical period young people are more vulnerable as they need to make important educational decisions, lifestyles choices and form interpersonal relationships, an early identification of such problems and early intervention is critically important. In the absence of appropriate support and intervention, MHD can have a major long-term negative impact on young people's social, intellectual and emotional development and consequently on their future.



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In addition, most adolescents with MHD, while they recognise their situation, are often reluctant in seeking professional support because they feel embarrassed. In general, there is a lot of shame and fear associated with the idea of going to a psychologist and even more shame for going to a psychiatrist, as young people are afraid not to be stigmatized by others (social stigma). As a result, the people who perceive stigma often agree with these stereotypes and internalize them (self-stigma), a process which might lead to deeper mental processes, depression or even suicide. Young people often underestimate the need for outside help and attempt to deal with their problems on their own. Therefore, they must be empowered through the provision of information on MHD and intervention techniques.

Even if young people overcome stigma and seek support from professionals, many national public health care systems cannot offer adequate treatments, according to an investigation by the Spanish Newsroom Civio. This treatment gap seems to be larger in some more recent EU member states where the waiting lines are longer, and the fees are higher.

Additionally to the above:

- Without effective prevention and treatment, MHD can have profound effects on people's ability to carry out their daily lives and often result in poorer physical health.
- Mental Wellbeing and the end of stigmatization of MHD, for achieving social inclusion of all young people, is one of the most important priorities of the EU YOUTH STRATEGY,
- COVID 19 pandemic still exists and could exacerbate these MHD as social distancing and quarantine situations need to be applied.



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THE PURPOSE OF THE LetsTALK COMPETENCE FRAMEWORK:

The LetsTALK COMPETENCE FRAMEWORK will define the competencies, i.e. the knowledge, skills and attitudes that enable young people to take care and maintain their MH. Which will later on be used as a guide for the development of the LetsTALK UPSKILLING TOOLKIT in WP3. In essence, the framework will define the content to be learned in terms of clear, definable standards of what young people should know and be able to do. The topics are described below.

The development of the Competence Framework for Mental Health Promotion in Youth, adapted to the realities and needs of young people in the partner countries, will be used as a guide for the development of the UPSKILLING TOOLKIT in WP3. The framework contains the below topics:

- Understanding Mental Health Disorders
- Having MHD: The public and self-stigma of MHD
- Seeking help and finding support
- Techniques for coping with MHD
- Life skills for taking care and maintaining our MH.

Youth workers, who are role models for young people, need to upgrade their skills, knowledge around Mental Health, in order to keep up with the continuous changes in our modern society and address the social issues arising in the community. Therefore, the project will train youth workers in creating a balanced environment for them.



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COMPETENCE FRAMEWORK

Module: 1. Understanding Mental Health Disorders by Tavo Europa

Description: In this module, young people will learn about the main mental health disorders. Learners will be introduced to the similarities and differences between the disorders, allowing for proper identification of the disorders. This section also provides relevant information on factors that determine mental health. Young individuals will gain the necessary knowledge about mental health and contribute to the development of a community where mental disorders are not stigmatized.

TOPICS OF THE MODULE	Learning objectives (for each topic)	Learning Outcomes		
		Knowledge	Skills	Attitudes
1) Main mental health disorders: how to recognize them.	<ol style="list-style-type: none"> To comprehend the most common mental health disorders (MHD). To present the symptoms of different MHD. 	<ol style="list-style-type: none"> To be able to match the common symptoms and diagnostic criteria of various mental health disorders. To be able to identify the prevalence and 	<ol style="list-style-type: none"> To be able to perform observations of symptoms of mental health disorders in oneself and others. To be able to locate signs of 	<ol style="list-style-type: none"> To be able to defend empathy and non-judgmental attitudes towards individuals with mental health disorders. To be able to adopt a commitment to self-care and seeking help when needed for mental health concerns. To be able to value and



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	<ol style="list-style-type: none"> To provide information on how to recognize different mental health disorders. 	<p>impact of mental health disorders on individuals and society.</p> <ol style="list-style-type: none"> To be able to name the most common MHD. 	<p>mental health disorders in oneself and others.</p> <ol style="list-style-type: none"> To be able to maintain relations with people with MHD. 	<p>manage mental health.</p>
<p>2) What are the differences between mental health disorders?</p>	<ol style="list-style-type: none"> To differentiate main MHD by their characteristics. To recognize the main MHD diagnostic criteria. 	<ol style="list-style-type: none"> To be able to identify the diagnostic criteria and classification systems used to differentiate between different mental health disorders. To be able to recognize the specific symptoms and patterns of behavior associated with different mental 	<ol style="list-style-type: none"> To be able to master the ability to analyze the symptoms, etiology, and treatment options of various mental health disorders. To be able to master the ability to compare the symptoms, 	<ol style="list-style-type: none"> To be able to value the uniqueness of each mental health disorder and the diverse experiences of individuals who live with them. To be able to adopt a commitment to ongoing learning and staying updated on the latest research and advancements in understanding mental health disorders.



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		health disorders.	etiology, and treatment options of various MHD.	
3) Factors affecting mental health.	<ol style="list-style-type: none"> 1. To analyze the main MHD risk factors and causes. 2. To understand the origin and potential consequences of risk factors. 	<ol style="list-style-type: none"> 1. To be able to define the various biological, psychological, and social determinants factors that can influence mental health 2. To be able to recognize the role of early life experiences, trauma, and adverse childhood events in shaping mental health outcomes. 	<ol style="list-style-type: none"> 1. To be able to measure and assess the impact of different factors on an individual's mental health. 2. To be able to practice providing support and actions that address the specific factors affecting mental health of others. 	<ol style="list-style-type: none"> 1. To be able to accept that mental health is influenced by multiple factors beyond personal control. 2. To be able to adopt a commitment to address social determinants that contribute to mental health disparities.



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Module: 2.Having MHD: The public and self-stigma of MHD By **VitaTiim**

Description: In this module, young individuals will learn about the personal and societal challenges that come with living with a mental health disorder. They will delve into the concept of public and self-stigma and understand how these prejudices can influence one's mental health journey. They will also explore the unique experiences of stigma in the context of youth work. By understanding these stigmas, they will be better equipped to confront them, thus empowering themselves and others around them. They will learn about strategies to overcome these stigmas, reminding them that everyone's experience with mental health disorders is unique, and the importance of an individualized approach to handling mental health. This module aims to provide a comprehensive understanding of stigma's impact and ways to combat it, promoting a healthier mental health narrative.

TOPICS OF THE MODULE	Learning objectives (for each topic)	Learning Outcomes		
		Knowledge	Skills	Attitudes



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<p>1. Understanding Stigma: Define stigma and discuss the two main types: public (societal) stigma and self-stigma. Explain how these stigmas are formed and how they can affect individuals with MHD.</p>	<p>Define Stigma: Learners will be able to define the term 'stigma' and understand its implications in the context of mental health.</p> <p>Differentiate Between Public and Self-Stigma: Learners will distinguish between public (societal) stigma and self-stigma, understanding how each manifests and affects individuals with mental health disorders.</p> <p>Understand the Formation of Stigma: Learners will understand the factors that contribute to the formation of both public and self-stigma, including societal attitudes, cultural beliefs,</p>	<p>Young people will be able to analyze the concept of stigma, understanding its implications within the sphere of mental health disorders.</p> <p>Participants will be able to differentiate between public (societal) stigma and self-stigma, and understand how each type uniquely impacts individuals with mental health disorders.</p> <p>Participants will have the ability to evaluate the societal, cultural, and individual factors that contribute to the formation of both public and self-stigma.</p> <p>Participants will be able to compare and contrast the effects of stigma on people with mental health disorders, recognising how it can</p>	<p>Participants will learn to chart the effects of stigma on individuals with mental health disorders and measure its impacts in different contexts.</p> <p>Participants will develop the ability to draw clear distinctions between public (societal) stigma and self-stigma, understanding their unique impacts.</p> <p>Participants will be able to demonstrate an understanding of the factors contributing to the formation of stigma and discuss its implications on mental health.</p>	<p>Participants will be encouraged to critically assess stigmas associated with mental health disorders and challenge them in personal, social, and professional environments.</p> <p>Participants will adopt an empathetic attitude towards individuals dealing with mental health disorders, understanding the additional challenges posed by societal and self-stigma.</p> <p>Participants will learn to characterize harmful stereotypes contributing to stigma, and criticize these stereotypes when they encounter them.</p> <p>Participants will develop the attitude of an advocate,</p>
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	<p>and individual perceptions.</p> <p>Recognize the Impact of Stigma on Individuals with MHD: Learners will recognize how stigma can discourage individuals from seeking help, exacerbate symptoms, and affect overall mental health.</p> <p>Identify Instances of Stigma: Learners will develop the ability to identify instances of stigma in various contexts, including social, personal, and professional settings.</p>	<p>discourage individuals from seeking help, exacerbate symptoms, and affect their overall mental wellbeing.</p> <p>Participants will develop the ability to classify instances of stigma in various societal and personal contexts, gaining a clear understanding of how stigma manifests and can be addressed.</p>	<p>Participants will develop skills to interact with individuals facing mental health disorders with sensitivity, taking into consideration the effects of stigma.</p>	<p>promoting mental health literacy and fighting against stigmas.</p> <p>Participants will be able to judge when stigmas are being perpetuated and defend against them, promoting a more understanding and accepting environment.</p> <p>Participants will evaluate current strategies to counter stigma, and formulate new ones based on their understanding and learning.</p>
<p>2. The Impact of Stigma on Mental Health: Discuss the effects of stigma</p>	<p>Identify the Effects of Stigma: Learners will be able to identify the various ways in which stigma can impact individuals with</p>	<p>Participants will learn to identify and state the multiple ways in which stigma can affect individuals dealing with mental health disorders.</p>	<p>Participants will learn to chart the various impacts of stigma on individuals with mental health disorders, demonstrating</p>	<p>Participants will be encouraged to critically assess harmful stereotypes that contribute to stigma and challenge them in various</p>



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<p>on individuals with MHD, including how it can exacerbate symptoms, discourage individuals from seeking help, and perpetuate harmful stereotypes.</p>	<p>mental health disorders.</p> <p>Understand Symptom Exacerbation: Learners will understand how stigma can exacerbate the symptoms of mental health disorders, further compounding the challenges faced by individuals.</p> <p>Recognise Discouragement from Seeking Help: Learners will recognise how societal and self-stigma can discourage individuals from seeking professional help for their mental health disorders.</p> <p>Evaluate the Role of Stereotypes: Learners will evaluate the role of</p>	<p>Participants will be able to analyze how stigma can exacerbate the symptoms of mental health disorders and understand the ways it compounds the challenges faced by these individuals.</p> <p>Participants will learn to recognise and describe how societal and self-stigma can discourage individuals from seeking professional help for their mental health disorders.</p> <p>Participants will evaluate and classify the role of harmful stereotypes in perpetuating stigma, recognising the need to challenge these stereotypes to promote better mental health understanding.</p>	<p>their understanding of this complex issue.</p> <p>Participants will establish a comprehensive understanding of how stigma can exacerbate symptoms of mental health disorders.</p> <p>Participants will learn to measure the extent to which societal and self-stigma can discourage individuals from seeking professional help.</p> <p>Participants will be able to illustrate the role of harmful stereotypes in perpetuating stigma, and how these stereotypes can be challenged.</p>	<p>settings.</p> <p>Participants will adopt a compassionate and empathetic attitude towards individuals with mental health disorders, understanding how stigma can exacerbate their challenges.</p> <p>Participants will learn to value mental health, recognising the harmful effects of stigma on mental well-being.</p> <p>Participants will feel empowered to advocate for mental health, actively opposing stigmas and supporting those who may be affected by them.</p>
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	harmful stereotypes in perpetuating stigma, and understand the necessity of challenging these stereotypes to promote better mental health.			
3. Strategies to Overcome Stigma: Present various strategies and techniques that can help individuals overcome stigma, such as education, advocacy, self-care, and seeking support. Discuss how these strategies can be implemented in	<p>Identify Anti-Stigma Strategies: Learners will be able to identify various strategies and techniques that can help individuals and society overcome stigma, including education, advocacy, self-care, and seeking support.</p> <p>Understand the Application of Strategies: Learners will understand how these strategies can be implemented in their everyday lives to challenge and reduce stigma.</p>	<p>Participants will learn to identify and list various strategies that can help individuals and society overcome stigma, including education, advocacy, self-care, and seeking support. Participants will be able to understand and describe how these strategies can be implemented in everyday life to challenge and reduce stigma.</p> <p>Participants will define the role of education in overcoming stigma, recognising its power in dispelling myths and misconceptions about mental</p>	<p>Participants will learn to assemble a set of anti-stigma strategies that can be implemented in their everyday lives.</p> <p>Participants will develop the skills to employ advocacy techniques in order to raise mental health awareness and reduce stigma in their communities.</p> <p>Participants will be able to chart and use a variety of self-care techniques to maintain their mental</p>	<p>Participants will adopt various strategies to overcome stigma, understanding the importance of their role in reducing mental health stigma in their communities.</p> <p>Participants will value the role of education in dispelling myths and misconceptions about mental health disorders.</p> <p>Participants will emphasize the importance of self-care in maintaining mental wellbeing and combating</p>



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<p>everyday life.</p>	<p>Recognise the Role of Education in Overcoming Stigma: Learners will recognise the importance of education in dispelling myths and misconceptions about mental health disorders and thus in overcoming stigma.</p> <p>Value the Role of Support in Overcoming Stigma: Learners will value the role of seeking and providing support in the fight against stigma, understanding its importance for individuals dealing with mental health disorders.</p>	<p>health disorders.</p> <p>Participants will evaluate the role of seeking and providing support in overcoming stigma, understanding its critical importance for individuals with mental health disorders.</p> <p>Participants will learn to plan and arrange personal strategies for overcoming stigma in their own lives and in their communities.</p>	<p>wellbeing and combat self-stigma.</p> <p>Participants will learn how to interact effectively with various support structures, both for their own benefit and for the benefit of others dealing with mental health disorders.</p> <p>Participants will demonstrate a thorough understanding of the role of education in dispelling myths and misconceptions about mental health disorders.</p>	<p>self-stigma.</p> <p>Participants will accept the crucial role of seeking and providing support in overcoming stigma.</p> <p>Participants will formulate personal plans to use the strategies they've learned to challenge stigma in their everyday lives.</p> <p>Participants will develop the ability to judge and challenge harmful stereotypes that contribute to mental health stigma.</p>
<p>4. Promoting Mental Health Literacy:</p>	<p>Define Mental Health Literacy: Learners will be able to define what mental</p>	<p>Participants will define and understand the concept of mental health literacy and its</p>	<p>Participants will collect and organize a wealth of information about</p>	<p>Participants will learn to accept and value the diverse experiences and</p>



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<p>Discuss the importance of mental health literacy in combating stigma. Explore ways in which individuals can improve their understanding of mental health to better support themselves and others.</p>	<p>health literacy is and understand its role in combating stigma.</p> <p>Understand the Importance of Mental Health Literacy: Learners will comprehend the importance of mental health literacy in reducing stigma and promoting mental well-being.</p> <p>Apply Knowledge to Support Others: Learners will understand how improved mental health literacy can be used to better support individuals dealing with mental health disorders.</p> <p>Promote Mental Health Literacy in Community: Learners will be prepared</p>	<p>role in combating stigma.</p> <p>Participants will identify and analyze the importance of mental health literacy in reducing stigma and promoting mental health.</p> <p>Participants will categorize and list various ways to improve their own mental health literacy, and how this can benefit both themselves and others.</p> <p>Participants will recognise and evaluate the role of community in promoting mental health literacy, understanding how broader societal change can be achieved.</p> <p>Participants will analyze the connection between increased mental health literacy and the</p>	<p>various mental health conditions, their symptoms, and treatment options. This will enable them to better understand and empathize with those experiencing mental health issues.</p> <p>Participants will learn to adjust their behavior and attitudes to be more supportive of those struggling with mental health issues. They will learn to interact in a non-judgemental, understanding manner.</p> <p>They will gain the ability to demonstrate tangible support, such as offering to help locate resources, providing a listening ear,</p>	<p>perspectives that people with mental health conditions bring to our communities.</p> <p>They will adopt an open and understanding mindset, challenging any pre-existing biases or misconceptions they might have about mental health conditions.</p> <p>Participants will be encouraged to assess and challenge their own biases and prejudices related to mental health.</p> <p>They will learn to formulate supportive, understanding responses when someone discloses a mental health issue.</p> <p>They will learn to withhold</p>
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	<p>to promote mental health literacy within their communities, using their new understanding to foster a more inclusive and supportive environment.</p> <p>Recognise the Link between Literacy and Stigma: Learners will recognise the connection between increased mental health literacy and the reduction of stigma, understanding how education can lead to broader societal change.</p>	<p>reduction of stigma, understanding how education and understanding can lead to societal change.</p>	<p>and maintaining ongoing support for those in need.</p> <p>Participants will learn to establish and maintain their own mental wellbeing through self-care practices. They will understand that mental health literacy includes caring for one's own mental health.</p> <p>By drawing on correct information and debunking myths, participants will be able to rearrange misconceptions about mental health in their own minds and in the minds of others.</p>	<p>judgment and instead aim to understand and empathize.</p>
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Module: 3. Techniques for coping with MHD by Walk Together

Description: In this module young people will learn about many techniques and strategies that can help cope with mental health disorders. Among those techniques and strategies is seeking help and finding support from a mental health professional, from the community and the family of the individual, who is struggling with mental health disorders. The other topics that overview various mental health support methods are related to the development of a healthy lifestyle and self-care routine and the implementation of relaxation techniques into daily habits. Everyone's experience with mental health disorders is different and it is important to rely on an individualized plan for coping and management. Nevertheless, this module will offer to young people some generalized knowledge, skills and attitudes regarding techniques for coping with mental health disorders.

TOPICS OF THE MODULE	Learning objectives (for each topic)	Learning Outcomes		
		Knowledge	Skills	Attitudes
1. Seeking help and finding support	Young people will learn about the different ways for seeking help and finding support. Among those techniques for getting help and receiving support, when experiencing mental health issues, is the	Understanding of what psychotherapy is: Talking with a trained mental health professional can be helpful in managing and coping with mental health issues. Types of psychotherapy include cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), mindfulness-based therapy etc.	Being able to find community entities, such as support groups or mental health clinics, which can provide resources and support to individuals with mental health issues. Seeking treatment and encouraging access to it. Young people can	Not shying away from seeking help and finding support, when dealing with mental health issues. Knowing that every individual is in full right and capacity to seek treatment and support. Knowing that supporting individuals with mental health issues is not just the



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	<p>importance of getting help from a professional and going to therapy. Another very important source of much needed support is the social support that people, who suffer from mental health issues, get from their community in their hometown, work place, school etc. The last considered source of support is the one that comes from the closest people of the individual, namely his/her</p>	<p>Understanding of what a support system is: Having a support system of friends, family, or a support group can provide emotional support and help reduce feelings of isolation.</p> <p>Understanding of what community support is: The community can play a significant role in supporting individuals with mental health issues.</p> <p>Understanding the importance of providing crisis support: Crisis support to individuals in mental health crises is provided by establishing hotlines, crisis centers, and other resources.</p>	<p>work to ensure that individuals with mental health issues have access to affordable, high-quality treatment options.</p> <p>Fostering a supportive environment. Young people can work for the creation of a supportive environment for individuals with mental health issues by promoting inclusion and social connection. This can involve community activities or events that encourage socialization and a sense of belonging.</p>	<p>responsibility of mental health professionals, but also the responsibility of the entire community. By working together, all people can create a more supportive and inclusive environment for individuals with mental health issues.</p> <p>Putting efforts to seek help and find support can work to reduce the self-stigma around mental health issues by incorporating inner understanding and acceptance.</p> <p>Engaging with advocating for policies that support mental health services and encouraging individuals to seek treatment.</p>
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	family, friends, partner etc.			
2. Development of a healthy lifestyle and a self-care routine	Young people will learn about various methods for the development of a healthy lifestyle and a self-care routine, among which incorporating regular physical activity into daily habits, eating a healthy diet, avoiding substance use, getting enough sleep etc.	<p>Understanding the importance of exercise: Regular exercise can help reduce symptoms of depression and anxiety, as well as improve overall mental health.</p> <p>Understanding the importance of self-care: Practicing good self-care, such as getting enough sleep, eating a healthy diet, and engaging in activities that bring joy and relaxation, can help manage stress and improve mental health.</p> <p>Understanding the importance of a healthy diet: A healthy diet maintains overall health and well-being, boosts mood and energy,</p>	<p>Young people will cultivate skills to promote general wellness. They will have the ability to promote well-being and healthy lifestyles that have a positive impact on mental health. This can involve promoting healthy eating, exercise, and stress-reduction techniques.</p> <p>Young people will have a set of skills for improving mental health by reducing stress levels, boosting mood, and improving sleep quality.</p>	<p>Maintaining a healthy lifestyle in order to achieve optimal physical and mental health, reduce the risk of chronic diseases, and promote overall well-being and quality of life.</p> <p>Knowing that foods that are high in nutrients can help support brain function and provide sustained energy throughout the day will encourage young people to eat a healthy diet.</p> <p>Knowing that regular physical activity is an effective way to reduce symptoms of depression and anxiety, young people</p>



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		<p>provides essential nutrients, reduces the risk of chronic diseases, supports gut health and maintains a healthy weight.</p> <p>Understanding the importance of avoiding substance use: Substance use can worsen symptoms of mental health disorders, so avoiding alcohol and drugs can be helpful in managing symptoms.</p>	<p>Young people will enhance their motivation to develop a routine for self-care and a healthy lifestyle, and will learn how to set realistic goals, identify their priorities, create a schedule and stay consistent.</p>	<p>will make efforts to be more physically active in accordance with their specific sports preferences.</p> <p>Remembering that the development of a routine is a process, and that it takes time to find what works best for each person, young people will learn to be kind to themselves, celebrating small victories along the way.</p>
<p>3. Relaxation techniques</p>	<p>Young people will learn about some common relaxation techniques in the form of practices or activities that help reduce stress, anxiety, and muscle tension,</p>	<p>Understanding of relaxation techniques, such as deep breathing, meditation, and yoga that can help manage stress and anxiety.</p> <p>Learning that deep breathing involves taking slow, deep breaths, filling your lungs with</p>	<p>Young people will develop the skills to apply some relaxation techniques alone or in combination with one another to help reduce stress and symptoms of anxiety and depression.</p>	<p>Knowing that relaxation techniques can have a significant positive impact on mental health. When we experience stress, our body's natural response is to release hormones such as adrenaline and cortisol, which can lead to physical</p>



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	<p>and promote a state of calm and relaxation.</p>	<p>air, and exhaling slowly.</p> <p>Learning that yoga is a physical and mental practice that involves poses, breathing exercises, and meditation to promote relaxation and reduce stress.</p> <p>Learning that massage involves using hands-on techniques to manipulate the muscles and soft tissues of the body to promote relaxation and reduce tension.</p> <p>Learning that meditation involves focusing on the breath or a specific word or phrase and allowing the mind to become still. This can help reduce stress and promote a sense of calm.</p>	<p>Young people will be able to improve their sleep quality by reducing tension and promoting relaxation. This can be particularly helpful for those who struggle with insomnia or other sleep disorders.</p> <p>Young people will enhance their self-awareness to become more attuned to their body and mind. This can help them better understand their own mental and emotional states and make more informed decisions about their mental health.</p>	<p>and mental tension. By using relaxation techniques, we can counteract this stress response and activate our body's relaxation response.</p> <p>Realizing that different relaxation techniques may work better for different people, so it's important to experiment and find what works best for each individual.</p> <p>Remembering that it is important to practice relaxation techniques regularly to reap the benefits and make them a regular part of the self-care routine, not just when the individual is feeling stressed or anxious.</p>
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Module 4: Emotional Life skills for taking care and maintaining our MH by Connecting Dots

Description: In this module young people will be introduced to emotional intelligence -which refers to the ability to determine and manage emotions- and they will learn about the importance of emotional intelligence for maintaining mental health and well-being. Making small steps towards strengthening their emotional intelligence, young people will acquire the ability to identify and understand their emotions, as well as to gain control over distressing emotions, thoughts and feelings in order to protect themselves and other people. They will also learn about the concept of resilience and how resilience can help them fight stress and adapt to change.

TOPICS OF THE MODULE	Learning objectives (for each topic)	Learning Outcomes		
		Knowledge	Skills	Attitudes
1. Introduction to emotional intelligence	To understand the concept of emotional intelligence and its role in maintaining mental health.	Young people will learn how emotions and the way people deal with them, can influence one's own as well as other people's mental health and well-being.	Young people will be prepared to implement practical tips and mechanisms to increase their emotional intelligence.	Be more aware and empathic towards their own and other people's emotions.
2. Practicing self-awareness	To provide young people with practical information that	Young people will learn to distinguish the two kinds of self-awareness, public and private and learn the benefits	Young people will learn how to strengthen their sense of self and their sense of self in relation	Through improving their self- understanding they will become more tolerant to themselves and other people



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	will help them understand what self-awareness is and why it is important.	of practicing self-awareness.	to others. More specifically, they will be able to observe their emotions, thoughts, and behavior, evaluate themselves, and understand how others perceive them.	and learn to build deeper connections.
3. Managing negative emotions	To help young people deal with negative emotions in their everyday lives.	Young people will learn to acknowledge negative emotions and how they impact their mental health and well-being.	Young people will acquire the necessary cognitive skills and develop mechanisms that will help them manage their negative emotions, thoughts and feelings effectively in different situations and practice optimism.	Increase their readiness to react in a healthy way to bad emotions and their willingness to develop healthy and positive relationships and support others.
4. Building resilience	To help young people become	Understand the importance of becoming resilient for	Young people will learn how to develop a sense	Young people, like the most resilient people, will learn to



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	more resilient through acquiring skills, such as the ability to be in the present, to deal with uncertainty, find positive meanings and set and reach meaningful goals that align with their values and strengths.	maintaining mental health and well-being. Understanding the meaning of being in the present, finding a purpose and embracing change.	of purpose and acquire the ability to turn change and adversity into opportunities, and eventually take steps to become more resilient.	see change as an opportunity rather than a monster to fear, appreciate more the idea of developing a sense of purpose and become more hopeful and optimistic.
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Module: 5.Social Life skills for taking care and maintaining our MH: “Mindfulness” By Positive YOUth

Description: Social Life Skills for taking care and maintaining our mental health with mindfulness focuses on the development of essential social and interpersonal skills that contribute to overall mental well-being. This module incorporates mindfulness practices as a tool to enhance self-awareness, emotional regulation, and healthy relationships.

TOPICS OF THE MODULE	Learning objectives (for each topic)	Learning Outcomes
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		Knowledge	Skills	Attitudes
<p>1. Introduction to Mindfulness: The module begins with an introduction to mindfulness, explaining its benefits and relevance to mental health. Participants learn about the principles of mindfulness, including non-judgment, acceptance, and present-moment awareness.</p>	<p>Understand the concept of mindfulness and its relevance to mental health. Recognize the principles of mindfulness, including non-judgment, acceptance, and present-moment awareness.</p>	<p>Understand the concept of mindfulness and its benefits for mental health. Recognize the key principles of mindfulness, such as non-judgment and present-moment awareness.</p>	<p>Develop the ability to focus attention on the present moment. Cultivate non-judgmental awareness of thoughts, emotions, and bodily sensations.</p>	<p>Cultivate an open-minded and curious attitude towards experiences. Foster acceptance and compassion towards oneself and others.</p>
<p>2. Mindful Communication: Effective communication is a crucial skill for maintaining healthy relationships. This section focuses on mindful communication techniques, such as active listening, empathetic responding, and assertiveness. Participants practice mindful</p>	<p>Practice active listening skills to enhance understanding in conversations. Demonstrate empathetic responding by validating and</p>	<p>Understand the importance of effective communication in maintaining healthy relationships. Learn about different communication styles and their impact on interactions.</p>	<p>Practice active listening skills to enhance understanding and connection in conversations. Demonstrate empathetic responding by validating and acknowledging</p>	<p>Cultivate a non-judgmental and compassionate attitude towards others' perspectives. Foster a willingness to listen and understand before responding.</p>



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<p>communication exercises to enhance their interpersonal skills.</p>	<p>acknowledging others' experiences. Apply assertiveness techniques to express thoughts and feelings honestly and respectfully.</p>		<p>others' experiences.</p>	
<p>3. Building Healthy Relationships: Healthy relationships play a significant role in mental health. In this section, young people learn how to cultivate and maintain healthy relationships through mindfulness-based practices. They explore qualities such as trust, respect, effective communication, and boundary-setting.</p>	<p>Identify the characteristics of healthy relationships, including trust, respect, and effective communication. Apply mindfulness techniques to nurture and maintain healthy relationships. Establish and</p>	<p>Identify the characteristics of healthy relationships, such as trust, respect, and effective communication. Understand the importance of personal boundaries in relationships.</p>	<p>Apply mindfulness techniques to nurture and maintain healthy relationships. Establish and maintain personal boundaries in relationships.</p>	<p>Cultivate a sense of respect and empathy towards others in relationships. Foster a commitment to open and honest communication.</p>



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	maintain personal boundaries in relationships.			
<p>4.Integration and Application: The final section focuses on integrating mindfulness and the social life skills learned throughout the module into daily life. Participants are encouraged to create a personalized plan for applying mindfulness and social life skills to take care of their mental health in various social contexts. Throughout the module, participants engage in experiential exercises, group discussions, and reflective activities to enhance their understanding and practical application of mindfulness and social life skills. The aim is to empower individuals to maintain positive mental health by fostering self-awareness, healthy</p>	<p>Create a personalized plan for integrating mindfulness and social life skills into daily life. Apply mindfulness techniques and social life skills in various social contexts. Reflect on the effectiveness of mindfulness and social life skills in promoting mental well-being. These learning objectives aim to provide participants with</p>	<p>Reflect on the effectiveness of mindfulness and social life skills in promoting mental well-being. Understand the importance of integrating these skills into daily life.</p>	<p>Create a personalized plan for integrating mindfulness and social life skills into daily</p>	<p>Cultivate a sense of commitment</p>



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relationships, and a mindful approach to social interactions.	the knowledge and skills necessary to incorporate mindfulness and social life skills into their lives for the purpose of maintaining and enhancing their mental health.			
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CONCLUSION

In this Competence Framework, various aspects related to mental health are being explored. Young people will learn about the similarities and differences between the main mental health disorders and they will receive relevant information on the factors that determine mental health. Moreover, learners will get informed about the concept of public and self-stigma and understand how these prejudices can influence one's mental health journey. They will also explore the unique experiences of stigma in the context of youth work. By understanding these stigmas, they will be better equipped to confront them, thus empowering themselves and others around them, promoting a healthier mental health narrative. Young individuals will also learn many techniques and strategies that can help cope with mental health disorders, among those – seeking help and finding support from a mental health professional, from the community and the family and friends of the individual. The other topics that overview various mental health support methods are related to the development of a healthy lifestyle and self-care routine and the implementation of relaxation techniques into daily habits.



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Additionally, young people will be introduced to emotional intelligence and they will acquire the ability to identify and understand their emotions, as well as to gain control over distressing emotions, thoughts and feelings. And lastly, this Competence Framework finishes off with a guidance towards the concept of mindfulness for the contribution to overall mental well-being, where mindfulness practices are incorporated as a tool to the enhancement of self-awareness, emotional regulation and healthy relationships.



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