



MANUAL FOR YOUTH WORKERS AND TEACHERS

YOUTH WELL-BEING





MANUAL

ESTEEM - YOUTH WORK RESPONSES TO YOUNG PEOPLE'S WELL-BEING



MAPPING



COLLECTION



MANUAL



GAME



APP



TOOLKIT

This manual was created in the project “ESTEEM - Youth work responses to young people well-being”


Project "ESTEEM - Youth work responses to young people well-being", No. 2021-1-LV02-KA220-YOU-000051464 is funded with support from the European Commission by the program "Erasmus+: Youth in Action", which in Latvia is administered by Agency for International Programs for Youth.

This publication reflects only the authors' views, and the European Commission cannot be held responsible for any use which may be made of the information contained therein.



About manual

This manual has been developed by a team of specialists, including psychologists, youth workers, mentors, teachers, and other professionals, all of whom have extensive experience in working with young people. By utilising scientific research alongside their own expertise, these experts have created a guide with practical tips and advice designed to assist anyone involved in youth work to excel in their roles. Through collaborative efforts, the team has accumulated their finest ideas, ensuring that this manual acts as a valuable resource capable of effecting positive change in the lives of young people.



We invite you to use the Manual and the Toolkit in conjunction. For your convenience, we have included references in the Manual that link topics to the corresponding tools from the Toolkit. Please, note that the tools can be applied in a multidisciplinary manner, beyond just the referenced topics. We encourage you to use your creativity in exploring all tools and selecting the most appropriate tool for any given topic.

PREFACE

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

Anne Frank
'Anne Frank's Tales From The Secret Anne



TABLE OF CONTENTS

Introduction_____	5
Well-being theories and models_____	6
Why well-being mountain?_____	8
Safety_____	11
Sleep_____	13
Eat _____	15
Activities_____	17
Positive relationships_____	19
Emotion management_____	21
Competence & accomplishments_____	23
Autonomy_____	25
Environmental mastery_____	27
Engagement & meaning_____	29
Personal growth_____	31
Purpose in life _____	33
Mental health_____	35
Substance use _____	37
Digital devices_____	39
Tips – how to talk about mental health_____	41
Useful resources_____	42
Hotlines who can help_____	44
Project ESTEEM results_____	51

INTRODUCTION

In 2022 the Mapping report was created as a collaboration between five organizations from Latvia, Estonia, Bulgaria, and Spain, with each country contributing research, including conducting 40 interviews and researching over 80 existing studies, articles, and resources. The report provides valuable insights into the well-being of young people in these countries, highlighting the urgent need for accessible and effective tools and materials to help professionals improve their well-being.

The research revealed that the tendencies and main problems regarding the well-being of young people in these countries are very similar, emphasizing the need for effective solutions. The main topics that emerged during the mapping process were related to general well-being and stressed the need for professionals to focus on them. However, the research also uncovered several unusual aspects that are not commonly discussed, such as the impact of parental mental health on the well-being of young people, fears of the future, and new forms of self-harm, including digital self-harm.

Addressing these issues and concerns is crucial in improving the overall well-being of young people. Helping young people understand themselves, validating their feelings, providing support, and creating meaningful relationships can prevent tragic outcomes such as suicide, self-harm, and depression. Professionals need to be aware of new forms of self-harm, including digital self-harm, to provide effective support.

In conclusion, the Final Mapping report highlights the challenges and issues related to the well-being of young people in Latvia, Estonia, Bulgaria, and Spain. The report stresses the urgent need for accessible and effective tools and materials to improve their well-being, particularly in light of the unusual aspects uncovered by the research. Addressing these concerns and providing support to young people can prevent tragic outcomes and improve their well-being.

WELL-BEING THEORIES AND MODELS

Mental health, as defined by the American Psychological Association, is a state characterized by emotional well-being, good behavioral adjustment, and the capacity to cope with life's demands. It's essential for balanced and satisfying lives.

Youngsters, aged 12-25, undergo significant physical, emotional, and social changes influenced by biological, social, and academic factors. They may face challenges like depression, eating disorders, substance abuse, self-esteem issues, and stress.

Besides the above-mentioned challenges linked to their transitional phase, young people might often face distinct difficulties related to family dynamics and relationships. When these young individuals experience excessive stress or struggle to cope with mounting pressures, the repercussions on their mental health can manifest as harmful behaviors. These behaviors include self-harm, mild depression, strained relationships both at home and with peers, difficulties in managing anger, diminished self-esteem and confidence, anxiety, thoughts of suicide, disengagement, isolation, and even withdrawal from educational pursuits.

It's crucial to prioritize the mental health of youngsters through open communication, education, and access to mental health services. Youth work can play a significant role in that.

Well-being stands as a fundamental pillar of life quality, acting as a prerequisite for the continual unfolding of a young person's potential. It fosters their capacity to shoulder responsibility, nurture their lives, cultivate healthy relationships, make informed educational and vocational choices, and actively participate as self-reliant members of society.

Three key well-being definitions are relevant to youth work:

1. Carol D. Ryff's Model: Six factors (Autonomy, Mastery, Personal Growth, Purpose, Positive Relationships, Self-Acceptance) contribute to well-being, emphasizing a holistic approach.
2. PERMA Model by Martin Seligman: Five components (Positive emotions, Engagement, Relationships, Meaning, Accomplishment) foster happiness and purpose.
3. World Health Organization (WHO): Focuses on mental well-being within holistic health promotion, public health, and cultural contexts.

Youth work plays a significant role in enhancing youth well-being, incorporating elements from these models into a comprehensive approach. The manual provides information and tools for youth workers to support well-being, emphasizing physical, psychological, social, and behavioral aspects.

WELL-BEING

THEORIES AND MODELS

Our belief and experience show that youth work can provide significant support to improve and strengthen the well-being of young people. As there is no unified definition of well-being, we have studied existing ones and extracted the most relevant elements to our point that keep elements of Ryff's and Seligman's models, including health behaviour aspects. In our opinion, this better fits the purpose and means of the youth work.

Well-being	
Health behaviors	Psychological factors
Sleep, sleep habits and quality of sleep	Self-acceptance
Healthy eating habits	Environmental mastery
Physical activities	Positive relationship
Use of mobile device	Personal growth
Substance abuse (addictions)	Autonomy
	Emotional intelligence
	Mental health
	Engagement and meaning
	Purpose in life

World Health Organization (WHO) approach is important as well as it gives us a hint to think about well-being and mental health as part of a systemic approach and look at it from the policy perspective that we can further bring into youth policy in our municipalities and at the national level.

This Manual has been developed by the project partners and stands as a valuable and important tool for youth workers and teachers. Its main aim is to provide youth workers with information that will help them become more confident and proactive in their interaction with youngsters on the topics related to their well-being. Manual organizes science-based information about well-being in an easy to use and easy to understand way, so that information, tools, and methods can be implemented and applied in real life as soon as possible and would be combined with non-formal education and youth work approaches, integrated into them.

Manual focuses on psychological, physical, financial, and social aspects of mental health and well-being. It's important to say that the endeavour to define well-being has been approached by various scholars, studies and at policy level; however, there is no universally agreed-upon definition for this concept. In scholarly discussions, it serves as a comprehensive notion referring to the overall quality of life within a society.

WHY WELL-BEING MOUNTAIN?

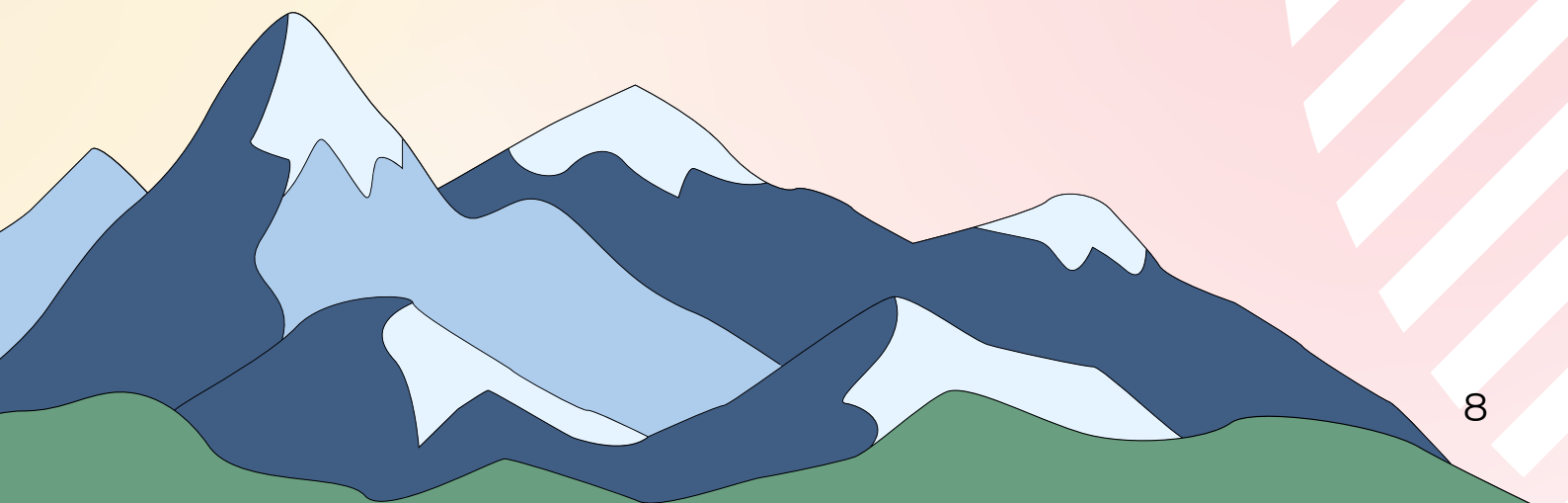
When considering the role of youth workers in promoting the well-being of adolescents and young individuals, professionals often grapple with fundamental questions:

- What actions should we take?
- How can we recognize signs?
- How do we provide treatment?
- How can we offer assistance?

These inquiries hold considerable validity, as it is through awareness and knowledge that meaningful change can transpire. Simultaneously, this manual endeavors to convey a resounding message:

***"You are already on the right track!
Continue your current efforts!"***

The concept of the "Well-being Mountain" serves as a metaphor, symbolizing the journey of a youth, accompanied by a youth worker, as they strive to attain happiness and health. In this analogy, the role of the youth worker assumes that of a guide, a supporter, and an encourager, while the young person embarks on the ascent as the climber. It is crucial to acknowledge that no one else can undertake this journey on the young person's behalf.



WHY WELL-BEING MOUNTAIN?

The journey up the metaphorical mountain commences at the **base camp** — a **symbol of safety and security**. The youth worker must exercise exceptional care in establishing rapport with the young person and nurturing a relationship grounded in safety and mutual respect. Without this essential foundation of connection and secure relationships, further progress may be as unattainable as scaling the highest peaks.

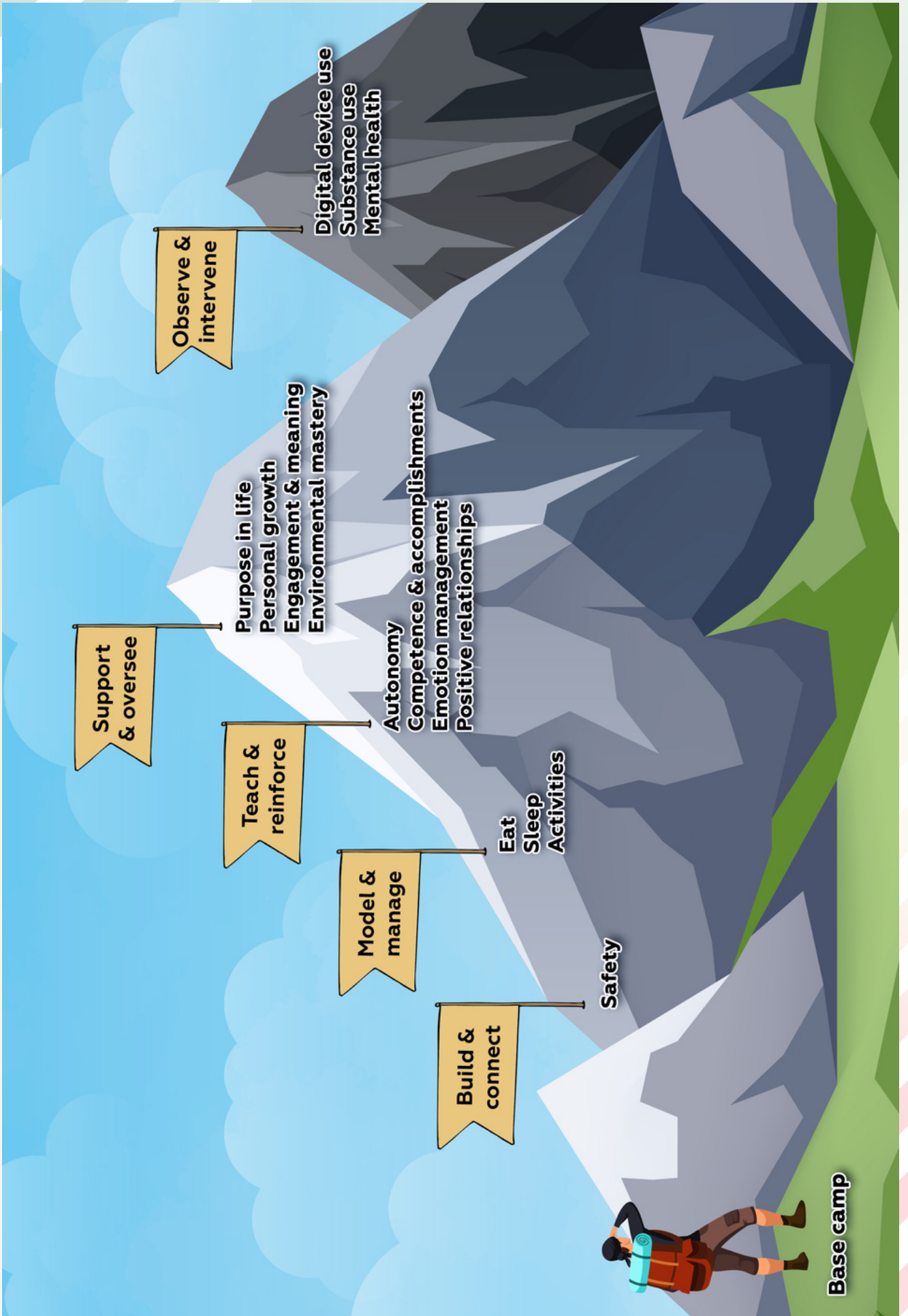
Subsequently, the uphill climb begins. Above all, it becomes paramount to ensure that the **young person's basic needs are met**, encompassing adequate sleep, healthy dietary habits, and regular physical activity. The youth worker can play a pivotal role in imparting knowledge and facilitating the management of these essentials, all while exemplifying healthy attitudes toward the body through their own habits.

In the cultivation of **positive interpersonal relationships**, the role of the youth worker encompasses both modeling and facilitating such relationships, alongside educating the young person and providing positive reinforcement for their efforts in forging new, affirmative friendships.

Positive reinforcement and education also hold significance in aspects of well-being, including autonomy, competence, achievement, and emotion management. In this context, the primary role of the youth worker is to create opportunities for the young person to realize these facets of well-being. Secondly, to celebrate their achievements and acknowledge the incremental steps the young person takes.

Near the summit of this metaphorical mountain lie the more intricate elements, such as **purpose in life, personal growth, and environmental mastery**. Here, the role of the youth worker pivots toward providing unwavering support to the young person as they embark on a quest for self-discovery, the fulfillment of their aspirations, and the acquisition of skills and competencies essential for comprehensive personal growth.

Regarding the other slope — the terrain encompassing **mental health challenges, digital device use, and substance misuse** — the role of the youth worker entails vigilant observation to identify signs of escalating issues. In such cases, we strongly encourage them to seek the assistance of professionals who possess the expertise to comprehend the young person's unique needs and address problematic behavior effectively. **These professionals can offer guidance, impart essential life skills, and assist the young person in overcoming specific challenges**. We firmly believe that if the youth worker, recognizing the existence of these challenges, persists alongside the young person on their journey toward well-being, there will be a consistent reduction in problematic behavior and difficulties. The key directive is to persevere and remember that the work being undertaken is both invaluable and indispensable for the well-being of countless young individuals.



SAFETY



INTRODUCTION

Together, physical and emotional safety provide a holistic foundation for adolescents to thrive, learn, and become well-adjusted adults. Feeling secure emotionally enables healthy development, self-esteem, and resilience, reducing anxiety, depression, and the risk of engaging in risky behaviors. It provides a foundation for positive relationships and mental health.

FACT!

Safety and security needs must be met before individuals can focus on higher-level needs.

FACT!

What one person perceives as a safety need may differ from another's perspective.

YOUTH WORKER ROLE

Youth workers are essential in meeting adolescents' safety needs. They offer emotional support, advocacy for safe spaces, and guidance on issues like substance abuse, promoting emotional safety. In times of crisis, they step in, providing immediate support and connecting adolescents with necessary services, ensuring both physical and emotional safety. These dedicated professionals play a critical role in shaping adolescents into resilient, responsible individuals in a nurturing environment.

GENERAL INFORMATION

Extensive research emphasizes the paramount importance of safety needs for human well-being. When individuals feel safe, physically and emotionally, they experience numerous significant gains. These include improved mental health by reducing stress and anxiety, better physical health outcomes due to safe living conditions, enhanced learning and cognitive development in secure school environments, improved emotional regulation and social connections, increased productivity and creativity in safe workplaces, and the development of resilience as a foundation for overcoming challenges. In essence, addressing safety needs is pivotal for individuals to thrive, both personally and professionally, and to reach their full potential.



BUILD AND CONNECT

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS




Establish trust and rapport:


Build strong, trusting relationships with the adolescents you work with to create a safe space for open communication.

-  Show empathy and understanding by nodding, maintaining eye contact, and using verbal cues like "I understand" or "Tell me more."
-  Give your full attention when having conversation.

Respect boundaries:

Respecting boundaries is essential when working with adolescents to create a safe and trusting relationship.

-  Ask for permission before discussing sensitive topics or engaging in physical contact. Consent shows respect for an individual's autonomy.
-  Pay attention to non-verbal cues such as body language and facial expressions.
-  Keep in mind or discuss that a younster can say "no" – do not force them.





SUGGESTED ACTIVITIES FROM TOOLKIT

- **Dixit** page 20
- **Imagine** page 28
- **Tell your story** page 51

Set clear boundaries yourself:

Clearly communicate your own boundaries and expectations in the relationship. This helps adolescents understand what is acceptable and respectful behavior.

-  Reflect on your needs and boundaries.
-  Be flexible and willing to adjust boundaries when appropriate.

CONCLUSION

In summary, youth workers play a critical role in creating a safe and nurturing environment for adolescents, addressing both physical and emotional safety needs, helping them grow into healthy, resilient, and responsible individuals.

CHECK LIST

- Actively listen when adolescents talk.
- Show empathy and understanding through body language and verbal cues.
- Discuss boundaries.

BUILD AND CONNECT

SLEEP



INTRODUCTION

It is essential to recognise the importance of sleep in adolescent development. Adolescents need more sleep than adults because of the physical, emotional and cognitive changes that take place during this period. Insufficient sleep during adolescence can lead to a range of negative consequences, including poor academic performance, reduced immune function, increased risk of accidents, depression, anxiety, obesity, and mood swings.

FACT!
Sleep deprivation
can cause irritability,
mood swings.

FACT! A good night's
sleep can improve memory
and learning.

YOUTH WORKER ROLE

It is important for a youth worker to model healthy sleep habits and to manage young people's knowledge and willingness to incorporate them into their daily routine. As the youth worker cannot put the young person to bed every night, it is necessary to include sleep and its impact on health in daily communication and activities aimed at the well-being of young people.

GENERAL INFORMATION

The American Academy of Sleep Medicine has recommended that children aged 6–12 years should regularly sleep 9–12 hours, teenagers aged 13–18 years should sleep 8–10 hours and adults aged 18+ for more than 7 hours. However, studies show that only 15% of teenagers get the recommended amount of sleep. The adolescent sleep cycle shifts during puberty, leading to later bedtimes and later waking times. So, not having enough sleep during adolescence is quite expected; at the same time, improving sleeping habits will be beneficial. People who sleep better tend to have more positive reactions, learn faster, have better behavioral function, improved emotional health, and better overall health.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Establish a consistent sleep schedule:

Encourage your teenagers to establish a consistent sleep schedule, including bedtime and wake-up time, even on weekends. This helps to regulate the sleep-wake cycle, making it easier to fall asleep and wake up on time.

- 💡 Make a diary where you track sleep time and your mood during the day.
- 💡 Go to bed 30 min earlier than usual 3 times a week.
- 💡 Set up a phone reminder for bedtime.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Sleep Challenge** page 47

Create a relaxing sleep environment:

The sleep environment can have a significant impact on sleep quality. Encourage your teenagers to create a relaxing sleep environment by keeping the bedroom cool, dark and quiet. A comfortable mattress and pillows can also make a big difference.

- 💡 Ventilate the room 30 min before going to bed, for example, while you shower.
- 💡 Make a reminder on your window “Please open me!!!”

Limit screen time:

The blue light emitted by electronic devices can interfere with the production of melatonin, the hormone that regulates sleep. Encourage teenagers to limit screen time before bedtime and avoid using devices in the bedroom.

- 💡 Create a “charging station”. Devices (phone, tablets) charge in another room or further from bed.
- 💡 If avoiding this is impossible, set up an automatic “night time regime” on your phone.

CONCLUSION

Sleep is very important for adolescent development and as a youth worker you can play an important role by modeling healthy sleep habits and helping young people manage existing problems. Encourage teenagers to establish a consistent sleep schedule, limit screen time, exercise regularly, create a relaxing sleep environment and adopt healthy eating habits.

✓ CHECK LIST

- Discuss young people's current bedtime habits.
- Inform young people about the impact of their sleep habits on their physical and mental health and how to develop healthy bedtime habits.
- Set achievable goals.
- Monitor their progress and positively reinforced success.

EAT



INTRODUCTION

Eating and well-being are closely intertwined. Proper eating supports brain function, mood regulation, and overall well-being. For youth, this is pivotal due to their rapid physical and emotional development. However, poor eating habits, like excessive junk food or strict diets, can lead to mood swings, low energy, and body image issues. Serious problems such as eating disorders may emerge, risking mental health.

FACT! Unhealthy eating habits can lead to obesity and increase the risk of chronic diseases.

FACT! Nutrient-rich foods contribute to cognitive development and immune function.

YOUTH WORKER ROLE

In addressing eating habits for young people, a youth worker plays a pivotal role. They provide education on nutrition, promote healthy eating behaviors, and help prevent disordered eating. By fostering a positive relationship with food and body image, youth workers contribute to physical well-being and mental health. Their guidance empowers young individuals to make informed choices, develop self-esteem, and establish lifelong habits that support their overall well-being.

GENERAL INFORMATION

Research underscores the significance of healthy eating habits among youngsters. A balanced diet supports physical growth, cognitive development, and immune function. Nutrient-rich foods enhance mood and energy levels, contributing to overall well-being. Conversely, poor eating habits can lead to obesity, increased risk of chronic diseases, and even affect mental health, potentially leading to anxiety or depression. Encouraging nutritious choices and positive relationships with food sets the foundation for lifelong health. Youth adopting healthy eating patterns gain improved concentration, better emotional regulation, and reduced risk of health issues, fostering a brighter future.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Organise workshops:

- 💡 Provide workshops on nutrition, explaining the importance of balanced meals, food groups, and portion sizes. Teach them to read food labels and understand nutritional information.

Cooking classes:

- 💡 Organize cooking classes or grocery store visits to teach meal preparation and smart shopping. Hands-on experiences make learning fun and memorable.

Mindful eating:

- 💡 Emphasize the importance of eating slowly, savoring flavors, and recognizing hunger and fullness cues. This helps prevent overeating.

Healthy snacks:

- 💡 Guide them on choosing nutritious snacks like fruits, nuts, yogurt, or whole-grain crackers. This prevents excessive junk food consumption.

Discuss self-acceptance:

- 💡 Discuss body positivity and self-acceptance. Teach them to focus on health rather than societal ideals.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Lets make meal** page 36
- **Rainbow diet** page 45

CONCLUSION

In conclusion, nurturing healthy eating habits among young individuals is paramount for their physical and mental well-being. Through education, positive role modeling, and practical guidance, youth workers play a vital role in instilling nutritious choices, fostering positive body image, and preventing potential eating-related issues. Empowering youth with the knowledge and skills to make balanced dietary decisions sets the stage for a healthier future and overall improved quality of life.

CHECK LIST

- Offer cooking classes to provide practical skills for healthy meal preparation.
- Organize interactive grocery store visits to teach about healthy food choices.
- Conduct mindful eating exercises to encourage conscious and healthy eating habits.
- Provide guidance on balanced snacking choices.
- Involve families in nutritional education and awareness programs.
- Promote the importance of regular mealtime routines for adolescents' health.

ACTIVITIES



INTRODUCTION

Think of activities as the secret ingredient for boosting youth well-being. They're like a recipe for physical fitness, emotional release, and mental growth. Activities also help in making friends and feeling accomplished. But, just like any recipe, there can be too much of a good thing – overloading schedules or feeling left out. So, while planning activities, let's make sure we mix in a variety and sprinkle in understanding, so every young person's well-being can rise to the occasion!

FACT! Engaging in activities fosters social interactions, boosts self-esteem, and provides stress relief, contributing to holistic youth development.

YOUTH WORKER ROLE

Youth workers can be role models for young people, showing their commitment to an active lifestyle by taking part in various physical activities and sports. Also, the youth worker plays a huge role in helping the young person to move more in everyday life (by organising activities and entertainment that require physical exercise), as well as helping the young person to explore and participate in sports clubs and activities.

FACT! Activities enhance well-being by promoting physical health, emotional expression, and cognitive growth.

GENERAL INFORMATION

Activities hold the key to well-being. Studies show that engaging in activities boosts mood, reduces stress, and builds resilience. Imagine a treasure chest of gains – improved mental health, stronger relationships, and a sense of accomplishment. So, let's embrace this secret, for in activities, we find the path to a brighter, happier life.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Cater to their passions:

- 💡 Offer activities that match their interests – sports, arts, nature – giving them a sense of choice and excitement. Respect their cultural backgrounds and let them explore what resonates with them.

Warm and inclusive atmosphere:

- 💡 Create a safe zone where they can be themselves without fear of judgment or competition. Ensure their physical and emotional safety is a priority.

Let them lead:

- 💡 Let them suggest ideas for activities, giving them a voice and ownership. Encourage them to take charge and organize, building their confidence.

Team up and bond:

- 💡 Design activities that involve teamwork and interaction. Build their social skills and create strong bonds.

Reflect and grow:

- 💡 After activities, chat about what they learned and felt. Encourage self-awareness and growth.

CONCLUSION

In this journey, youth workers are the architects of well-being. By offering diverse activities, creating safe spaces, and celebrating every step, they cultivate physical, emotional, and social growth. Let's stand together, guiding young hearts toward brighter tomorrows, one activity at a time.

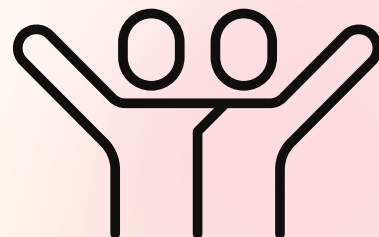
SUGGESTED ACTIVITIES FROM TOOLKIT

- **Get active** page 24
- **Obstacle challenge** page 41 **course**
- **Photo hunt** page 43
- **Slackline activity** page 46
- **Sun salutation** page 49

CHECK LIST

- Conduct hikes and sports in nature, outdoor games for physical health and connection with nature.
- Teach breathing exercises and meditation for stress relief and mental well-being.
- Conduct skill-building sessions, educational games, and workshops for cognitive growth.
- Engage in exploring different cultures through food, music, and traditions to provide a broader perspective.

POSITIVE RELATIONSHIPS



INTRODUCTION

Positive relationships are crucial for youth development and mental health. They provide a sense of belonging, support, and emotional safety, fostering healthy self-esteem and resilience. Meaningful connections with peers, family, and friends enhance social skills and communication, vital for navigating life's challenges. Problems like isolation, conflict, and toxic dynamics can hinder positive relationships. Isolation leads to loneliness and depression, while unresolved conflicts strain mental well-being. Unhealthy connections might capture negative behaviors or emotional distress.

FACT!

Strong connections foster effective communication and conflict resolution skills.

YOUTH WORKER ROLE

A youth worker plays a vital role in supporting young people's growth and well-being. They provide guidance, mentorship, and a safe space for youths to express themselves. By offering positive role models and life skills, youth workers empower adolescents to navigate challenges, build resilience, and make informed decisions, fostering their overall development.

FACT!

Positive relationships can reduce stress and promote emotional well-being, leading to better sleep quality.


GENERAL INFORMATION

Research consistently underscores the advantages of positive relationships. These include improved mental health, heightened emotional well-being, and greater life satisfaction. Strong bonds with peers, family, and mentors cultivate social skills, adept communication, and conflict resolution abilities. Furthermore, positive relationships diminish feelings of loneliness and isolation, while furnishing emotional sustenance during challenging periods. Such connections empower individuals to forge a robust sense of identity, self-esteem, and resilience. In essence, nurturing positive relationships stands as a fundamental pillar of psychological and emotional flourishing, significantly contributing to a gratifying and comprehensive life.


WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS


Open communication:

 Honest and open communication forms the foundation of strong relationships. Actively listen to others, express your thoughts clearly, and validate their feelings. Avoid interrupting and be respectful of differing opinions.


Be empathetic:

 Put yourself in others' shoes to grasp their perspectives and emotions. This fosters compassion and deepens connections. Show genuine interest in their experiences, joys, and concerns.


The ability to apologize:

 Be ready to apologize when you've made a mistake. Also, practice forgiveness to let go of grudges and nurture emotional healing.


Be present:

 Be present and fully engaged during interactions. Put away distractions like phones or work-related stress to show genuine interest.

Stay authentic:

 While strong relationships are important, it's crucial to maintain your individuality and pursue personal interests. Encourage your partner/friend to do the same.

Collaborate:

 Collaborate on tasks and responsibilities. Sharing the load builds teamwork and reinforces your connection.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Act of Kindness** page 9
- **Are you listening** page 11
- **I Konikuss** page 27
- **Positive Affirmation Relay** page 44

CONCLUSION

In conclusion, positive relationships are integral to well-being, offering emotional support, effective communication, and a sense of belonging. They enhance mental health, build resilience, and provide a foundation for personal growth. By fostering empathy, communication, and mutual understanding, we create lasting bonds that enrich our lives and contribute to overall happiness.

CHECK LIST

- Actively listen and demonstrate empathy when adolescents speak.
- Understand and validate the feelings and perspectives.
- Use "I" statements and avoid interrupting in conversations.
- Approach disagreements with patience and an open mind.
- Offer encouragement and assistance.

EMOTION MANAGEMENT

INTRODUCTION

Emotion management is vital for overall well-being. Emotions influence behavior, cognition, personality, and relationships. By mastering emotion control, individuals reduce stress, nurture positivity, improve communication, safeguard mental health, and enhance self-awareness for personal growth. Effective emotion management also fosters happiness, satisfaction, and resilience. It enables individuals to navigate challenges with grace, build better connections, and maintain a balanced outlook on life.

FACT!

Emotions in youth are often heavily influenced by their social and peer relationships.

FACT!

Emotion regulation skills are not fully developed in youth and adolescents.

YOUTH WORKER ROLE

A youth worker plays a pivotal role in supporting and guiding young individuals in developing effective emotion regulation skills. These skills are notably important during their developmental years when young people are learning to navigate the complexities of their emotions and relationships. The youth worker's role is to be a mentor and also a source of guidance in helping young individuals understand the importance of emotion management for their overall well-being and personal growth.

GENERAL INFORMATION


Research on emotion management in youth highlights its significant gains. Effective emotion management skills correlate with improved mental health, reduced anxiety, depression, and stress. They foster healthier interpersonal relationships, enhance academic success by aiding stress management and problem-solving, and deter risky behaviors. When young people can effectively manage their emotions, they are better equipped to cope with unexpected life challenges, transitions, and adversities. This adaptability can lead to a greater sense of self-efficacy and a more optimistic outlook on life. It's an essential aspect of emotional well-being that can serve them throughout their entire lives.


WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Teach:

Help youth identify and label their emotions accurately. Use tools like emotion wheels or charts to expand their emotional vocabulary.

 Implement regular exercises using emotion wheels or charts to help recognize and accurately label emotions.


 Facilitate group discussions and activities that encourage youth to not only identify and label their own emotions but also understand and empathize with the emotions of their peers.


SUGGESTED ACTIVITIES FROM TOOLKIT

- **A mood tracker** page 7
- **Emotion diary** page 21
- **Exaggerate the emotion** page 22
- **Stressors in your life** page 48

Positive self-talk:

Teach them to challenge negative self-talk and replace it with positive affirmations. Encourage them to be kind and compassionate toward themselves.

 Encourage to identify at least three common negative thoughts or self-criticisms they experience regularly.

 Create and regularly use a list of at least five positive affirmations tailored to their individual needs and challenges.

Model healthy emotion management:

Lead by example. Show them how to handle stress, frustration, and disappointment in a healthy way. Share your experiences and how you manage your own emotions.

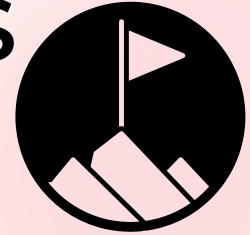
CONCLUSION

Promoting emotional literacy, enhancing self-talk, and nurturing emotion management skills in youth is essential. It fosters better mental health, stronger relationships, and academic success. Through open communication, practical exercises, and empathy, youth workers can empower young people to navigate emotions effectively, setting them on a path to lifelong well-being and resilience.

CHECK LIST

- Facilitate peer support groups where youth can share their emotional experiences and provide mutual support.
- Use emotion charts or wheels to visually aid youth in understanding and expressing their emotions.
- Conduct workshops to help youth identify and label their emotions accurately.

COMPETENCE & ACCOMPLISHMENTS



INTRODUCTION

Competence and accomplishments are vital for adolescents as they contribute to their development, self-esteem, and future success. Attaining skills and achieving goals fosters a sense of mastery and confidence, helping adolescents navigate challenges and build a strong self-identity. Accomplishments also lay the foundation for higher education and career opportunities. However, associated problems include academic pressure, unhealthy competition, and mental health issues stemming from unrealistic expectations. Overemphasis on accomplishments can lead to stress, anxiety, and a narrow focus on outcomes rather than holistic growth. Balancing achievement with personal well-being and fostering a supportive environment is crucial for adolescents' healthy development.

FACT!

Competence and accomplishments contribute to higher self-esteem and overall well-being.

FACT!

Achieving goals fosters a growth mindset, enhancing adaptability and resilience.

YOUTH WORKER ROLE

They provide guidance, mentorship, and opportunities for skill development and goal attainment. By offering a safe and supportive environment, youth workers help build self-confidence, resilience, and a sense of achievement. Their role is crucial as they can inspire, motivate, and guide young individuals, helping them navigate challenges and channel their potential toward meaningful accomplishments.

GENERAL INFORMATION




Research consistently highlights the significance of competence and accomplishments in various aspects of human development. Studies show that individuals who experience a sense of competence tend to have higher self-esteem, greater motivation, and increased overall well-being. Achievement-oriented goals are linked to better academic performance and improved job satisfaction.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS



Individualized support:

Recognize each youth's strengths and areas for growth, tailoring your guidance and opportunities accordingly.

-  Write 5 qualities/strengths.
-  Write 3 areas for growth.
-  Explore interests, strengths, and values.



Set realistic goals:

Help adolescents set achievable goals that align with their interests and abilities. This encourages a sense of accomplishment and motivation.

-  Break down 1 larger goal into smaller, manageable steps.
-  Set 2 specific, clear, and well-defined goals. The more precise the goal, the easier it is to work towards it.

Provide constructive feedback:

Offer specific, constructive feedback on their efforts and achievements.

-  Point out 2 particular actions or qualities that you found commendable.
-  Emphasize efforts rather than just the end result.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Super powers strengths** page 50
- **Bridge of my Strengths** page 14
- **Letter to myself** page 34

CONCLUSION

Fostering competence and accomplishments in youth is a multi-faceted approach with far-reaching benefits. It builds self-esteem, resilience, and a growth mindset. Recognizing individual strengths, setting achievable goals, and providing a supportive environment are key. Celebrating milestones and promoting continuous learning create a foundation for lifelong success and fulfillment.

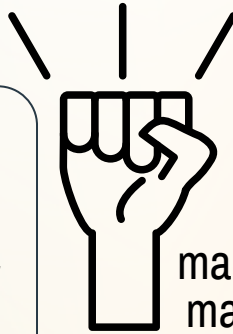
CHECK LIST

- Encourage youth to set specific, achievable goals aligned with their interests and strengths.
- Recognize and celebrate both small and significant accomplishments.
- Introduce tasks that push their limits, fostering growth and resilience.
- Create a supportive space for taking risks and learning from failures.

AUTONOMY

INTRODUCTION

Autonomy is important for well-being because it empowers individuals to have control over their lives and make choices that align with their values and preferences. When people experience a sense of autonomy, several positive outcomes are observed. Autonomy is vital for well-being as it contributes to satisfaction, reduced stress, and personal growth. However, problems like decision overload, lack of support, and potential conflicts highlight the need for a balanced approach to autonomy, where individuals are encouraged to make choices while also receiving appropriate guidance and support when needed.



FACT!

Having the freedom to make your own choices really makes you want to do things just because you enjoy them.

FACT! Individuals with a strong sense of autonomy tend to exhibit greater resilience

YOUTH WORKER ROLE

A youth worker serves as a guide and mentor, empowering adolescents to make informed choices, express their opinions, and take ownership of their actions. In essence, the youth worker's role is about providing guidance, creating a supportive environment, and instilling confidence. This role is essential because it equips young individuals with the skills and mindset needed to navigate the complexities of adulthood, fostering a sense of independence and self-determination that is vital for their future success and well-being.




GENERAL INFORMATION

Research consistently highlights the positive impact of autonomy on adolescent development. Autonomy allows adolescents to build decision-making skills, boosting confidence and self-esteem. According to studies, autonomy is linked to improved mental health outcomes, as individuals with a sense of control over their lives tend to experience lower levels of stress and anxiety. Moreover, autonomy fosters a greater sense of responsibility, as adolescents learn to navigate consequences and take ownership of their choices. This empowerment contributes to the development of resilience, adaptability, and critical thinking. Gains of autonomy extend to better interpersonal relationships, as individuals who can articulate their needs and boundaries are more likely to establish healthy connections. Overall, research underscores that autonomy is a crucial component of positive youth development, promoting psychological well-being, and preparing adolescents for successful adulthood.




WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Foster problem-solving:

-  Encourage individuals to find solutions to challenges on their own before intervening.
-  Acknowledge and celebrate instances where individuals demonstrate autonomy and take initiative.
-  Offer feedback that focuses on effort and decision-making rather than solely on outcomes.




Support:

-  Foster an environment where individuals feel comfortable expressing their thoughts and concerns.
-  Validate and acknowledge emotions, showing respect for individual perspectives.
-  Provide guidance without dictating, allowing room for self-directed learning.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Abstract definition** page 8
- **Improvisation Forum Theater** page 29
- **True or False** page 53
- **Forest Bathing** (Shinrin Yoku) page 23

Decision-making:

-  Allow individuals to make choices, even small ones, to foster a sense of control.
-  Share relevant information, ensuring clarity and understanding to support informed decision-making.
-  Provide scenarios or choices within tasks to allow individuals to practice making decisions.

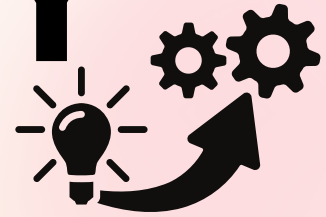
CONCLUSION

Autonomy is crucial for teens, making them feel strong and motivated. Youth workers support this by being helpful guides, teaching important skills, and making sure everyone feels included. It's like preparing teens for the future by letting them decide and learn on their own.

CHECK LIST

- Provide information and resources to help adolescents understand the concept of autonomy and its importance.
- Engage in discussions about decision-making processes, emphasizing the importance of considering consequences and alternatives.
- Encourage adolescents to take responsibility for their actions and choices.

ENVIRONMENTAL MASTERY



INTRODUCTION

Environmental mastery is crucial for young people as it empowers them to navigate an increasingly complex world. This skill involves understanding and influencing their surroundings, fostering a sense of control and competence. By developing environmental mastery, youth can tackle challenges like climate change and sustainability, ensuring a habitable planet for their future. Moreover, it promotes resilience, problem-solving, and a proactive mindset, equipping them to contribute positively to society. Ultimately, this competency instills confidence, adaptability, and a sense of responsibility, essential attributes for shaping a better world.

FACT!
Environmental mastery boosts mental well-being by enhancing the sense of control and reducing stress.

FACT! This skill cultivates resilience by encouraging problem-solving and adaptability in the face of environmental changes.

YOUTH WORKER ROLE

A youth worker guides adolescents in understanding and addressing their impact on the environment. By imparting knowledge, skills, and values, they empower young individuals to make sustainable choices, develop problem-solving abilities, and become advocates for a healthier planet. This role is crucial in bridging the gap between awareness and action, fostering a sense of responsibility and empowerment among the youth.

GENERAL INFORMATION




Research on environmental mastery highlights its positive effects on individuals' well-being and sense of agency. Studies indicate that individuals with high levels of environmental mastery tend to experience lower levels of stress, anxiety, and depression. They exhibit a greater sense of control over their surroundings, leading to improved psychological resilience. Research suggests that individuals who perceive themselves as capable of influencing their environment are more likely to engage in sustainable practices. They take proactive steps such as energy conservation, waste reduction, and participation in community initiatives.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS



Adapting to changing environmental circumstances is a vital aspect of building resilience:

In an ever-evolving world where climate change, resource depletion, and environmental disruptions are becoming more frequent, developing resilience through environmental adaptability is crucial for individuals and communities.

-  Embrace 1 challenge this week for growth and learning, building resilience.
-  Organize 2 tasks and/or commitments. It will help reduce overwhelm and create a sense of accomplishment.
-  Say no when necessary to prioritize your mental health and prevent burnout.

Resilience involves keeping long-term goals in mind even in the face of short-term disruptions:

This perspective helps individuals stay focused on their environmental goals despite immediate challenges.

-  Seek out opportunities to volunteer or participate in community projects that contribute to your sense of purpose and connectedness.
-  Cultivate a positive mindset by setting an intention to view environmental changes as opportunities for growth and learning, rather than just obstacles.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Landart** page 33
- **Nature Scavenger hunt** page 40
- **Changes** page 15

CONCLUSION

Environmental mastery empowers young people to understand, protect, and thrive within their surroundings. By learning about sustainability, practicing eco-friendly habits, and engaging in meaningful actions, they become agents of positive change. Through education, practical efforts, and a sense of responsibility, youth shape a greener future, fostering both personal well-being and a healthier planet for generations to come.

CHECK LIST

- Organize team-building activities, outdoor adventures, or trust-building exercises to enhance resilience.
- Set challenges for adolescents to adopt one new sustainable habit into their daily routines.
- Encourage adolescents to maintain gratitude journals, reflecting on positive experiences and achievements.
- Facilitate group discussions where they share personal challenges and strategies for overcoming them.

ENGAGEMENT & MEANING



INTRODUCTION

In the pursuit of a fulfilling and meaningful life, we often encounter moments of uncertainty, disconnection, and a lack of purpose. These challenges can leave us feeling adrift, searching for a way to rekindle our engagement with life and find deeper meaning. It's crucial to recognize that engagement and meaning are not mere luxuries but essential components of our overall well-being. When these aspects are absent, we may experience feelings of emptiness, stress, and a sense of aimlessness. In this exploration, we'll delve into why it's essential to nurture engagement and meaning in our lives, and we'll address the problems associated with their absence, offering insights and strategies to help navigate this vital journey towards a more meaningful existence.

FACT!
Engaging in meaningful activities can lead to a greater sense of happiness and life satisfaction.

FACT! Engagement refers to a state of active involvement, enthusiasm, and focus in an activity or task.

YOUTH WORKER ROLE

A youth worker shapes adolescent engagement and meaning by building trust through active listening, fostering empowerment, and emphasizing skill development. Guiding personal growth, promoting cultural competence, addressing challenges, and encouraging social responsibility enrich their pivotal role in shaping adolescents' identities and fostering purpose.


GENERAL INFORMATION

Research suggests that engagement and meaning in life have numerous psychological and well-being benefits. Engaged individuals are more likely to experience positive emotions, higher job satisfaction, and improved physical health. Meaningful experiences contribute to a sense of purpose and fulfillment, leading to reduced stress and improved mental health. Both engagement and meaning are associated with better relationships, resilience, and overall life satisfaction. Cultivating these aspects in one's life can lead to a happier and more fulfilling existence.


WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS


Discover your passions:

 Identify activities and interests that genuinely excite you. Whether it's a hobby, a career path, or a cause you believe in, pursuing your passions can lead to increased engagement and a sense of purpose.


Cultivate relationships:

 Building and maintaining meaningful relationships with friends, family, and your community can provide a sense of belonging and purpose.


Reflect on your values:

 Regularly assess your core values and beliefs. Aligning your actions with these values can help you make choices that are more meaningful to you.


Embrace challenges:

 Challenges and setbacks can provide opportunities for growth and self-discovery. Instead of avoiding them, view them as chances to learn and develop resilience.

Create a meaningful routine:

 Structure your daily life around activities and rituals that hold personal significance. These routines can help providing a sense of stability and meaning.

Find balance:

 Balance is crucial for maintaining engagement and meaning. Avoid overcommitting yourself or spreading yourself too thin, which can lead to burnout.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Balance wheel of life** page 12
- **Breathing** page 13
- **In Silence** page 30
- **The Shop** page 52

CONCLUSION

In conclusion, fostering engagement and meaning in life is essential for personal fulfillment. By pursuing passions, setting meaningful goals, nurturing relationships, and embracing challenges, individuals can lead more purposeful and content lives, ultimately contributing to their overall well-being and happiness.

CHECK LIST

- Encourage to identify their interests and passions through discussions and self-reflection.
- Connect adolescents with mentors or role models who can inspire and guide them toward meaningful pursuits.
- Encourage discussions about personal values and how they can guide decisions and actions.
- Provide information on volunteer opportunities with organizations aligned with adolescents' interests and values.

PERSONAL GROWTH



INTRODUCTION

Personal growth is vital for individuals to reach their full potential and lead fulfilling lives. Without personal growth, people may feel stagnant, unfulfilled, or stuck in their comfort zones. Associated problems include a lack of motivation, low self-esteem, and limited adaptability to life's challenges. In this context, exploring strategies for personal growth becomes essential to overcome these obstacles and thrive in a rapidly changing world.

FACT!

Seeking new experiences, self-reflection, and learning are key components of personal growth.

FACT!

Personal growth is a lifelong journey of self-improvement and development.

YOUTH WORKER ROLE

A youth worker plays a pivotal role in fostering personal growth among young individuals. They provide guidance, mentorship, and a safe space for self-discovery. This role is vital because it empowers youth to develop self-esteem, resilience, and life skills, ultimately shaping them into confident and responsible adults.

GENERAL INFORMATION

Research indicates that personal growth involves self-improvement, development, and self-awareness. It encompasses various aspects such as emotional, intellectual, social, and physical growth. Personal growth leads to enhanced well-being, increased life satisfaction, and better coping abilities. It often involves setting and achieving goals, overcoming challenges, and expanding one's comfort zone. Studies suggest that individuals who actively pursue personal growth tend to have more fulfilling lives, better relationships, and increased resilience in the face of adversity. This journey of self-improvement can be facilitated through self-reflection, learning, seeking new experiences, and guidance from mentors or professionals, like youth workers.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Continuous learning:

💡 Never stop acquiring new knowledge and skills. Read books, take courses, attend workshops, and stay curious about the world around you.

Expand your comfort zone:

💡 Step out of your comfort zone regularly. Trying new things, taking calculated risks, and facing fears can lead to personal breakthroughs.

Build resilience:

💡 Develop the ability to bounce back from setbacks. Cultivate a positive mindset, practice gratitude, and focus on solutions rather than problems.

Time management:

💡 Efficiently manage your time by setting priorities and eliminating distractions. This allows you to allocate more time to activities that promote growth.

Celebrate small wins:

💡 Acknowledge and celebrate your achievements, no matter how small they may seem. It boosts motivation and confidence.

Stay patient:

💡 Personal growth is a continuous process that takes time. Be patient with yourself and stay committed to your journey, even when progress seems slow.

CONCLUSION

In conclusion, personal growth is a lifelong journey characterized by self-discovery, learning, and resilience. Setting goals, embracing challenges, and nurturing well-being are key aspects. By following practical tips and staying committed to personal development, individuals can unlock their full potential, leading to a more fulfilling and purpose-driven life.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Past mistakes** - today gift page 42
- **Vision board** page 54
- **Affirmation charades** page 10

CHECK LIST

- Help adolescents set specific, measurable, achievable, relevant, and time-bound (SMART) goals for personal development.
- Facilitate workshops or activities to help adolescents develop practical life skills, such as time management, communication, and problem-solving.
- Practice regular self-reflection.
- Embrace challenges and failures.
- Lead activities that promote resilience, such as problem-solving exercises, team-building challenges, and coping strategies for stress and setbacks.

PURPOSE IN LIFE



INTRODUCTION

The quest for purpose in life is crucial as it provides direction, motivation, and a sense of fulfillment. Without purpose, individuals may grapple with feelings of aimlessness, leading to mental health issues, lack of motivation, and a sense of disconnect from society. Addressing this existential dilemma is paramount to fostering well-being and resilience in today's complex and fast-paced world.

FACT! People with a sense of purpose are often more motivated, goal oriented, and resilient in the face of adversity.

FACT! Purposeful living can lead to increased longevity and a lower risk of chronic diseases.

YOUTH WORKER ROLE

A youth worker plays a crucial role in helping young people find purpose in life by providing guidance, support, and mentorship. They create a safe and trusting environment for youths to explore their interests, values, and goals. Through active listening and empowerment, youth workers help individuals discover their passions, talents, and a sense of direction, ultimately fostering personal growth and a sense of purpose.

GENERAL INFORMATION

Research consistently highlights the significant gains associated with youth workers assisting young people in finding purpose in life. Studies indicate that youth who have a clear sense of purpose tend to have higher self-esteem, improved mental health, and reduced engagement in risky behaviors such as substance abuse or delinquency. They are more likely to set and achieve meaningful goals, excel academically, and exhibit increased resilience in the face of challenges. Additionally, a strong sense of purpose can positively impact relationships, leading to healthier social connections and a greater sense of belonging. Overall, the role of youth workers in facilitating purpose discovery contributes to the holistic development and well-being of young individuals, offering them a solid foundation for a successful and fulfilling future.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Self-reflection:

- 💡 Encourage regular self-reflection to identify personal values, interests, and passions.
- 💡 Journaling can be a powerful tool for self-discovery, allowing individuals to explore their thoughts and feelings.

Goal setting:

- 💡 Help set achievable short-term and long-term goals aligned with their interests and values.
- 💡 Break larger goals into smaller, manageable steps to create a sense of progress and accomplishment.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Ikigai** page 26
- **Collage Workshop** page 16

Embrace challenges:

- 💡 Encourage facing challenges as opportunities for growth and learning.
- 💡 Remind them that setbacks are a natural part of the journey to purpose and should not deter them.

Helping individuals find purpose in life is a journey that requires patience and support. These tips can serve as a guide to assist them in discovering a meaningful path, leading to a more fulfilling and purposeful life.

CONCLUSION

In conclusion, nurturing a sense of purpose in life is pivotal for well-being. Through self-reflection, goal setting, exploration, and support, individuals can embark on a fulfilling journey. Embracing challenges, mindfulness, and seeking community enrich this path. Remember, purpose may evolve, and celebrating achievements along the way is key to a rewarding life journey.

CHECK LIST

- Encourage self-reflection and journaling.
- Explore new interests and hobbies.
- Embrace challenges as opportunities.
- Practice mindfulness and meditation.
- Connect with supportive communities.
- Celebrate achievements, big or small.

MENTAL HEALTH



INTRODUCTION

Mental health is an important component of well-being in youngsters. It involves the emotional, psychological, and social well-being of an individual. Good mental health allows young people to cope with the challenges of life, form positive relationships, and achieve their full potential. Poor mental health, on the other hand, can lead to a range of problems such as anxiety, depression, behavioral issues, and substance abuse. Therefore, it is crucial to promote mental health and well-being in young people through education, awareness, and access to resources such as counseling and support services.

FACT! Mental health problems can lead to disability, social isolation, and even suicide.

FACT! Mental health is a critical component of overall well-being and affects how we think, feel, and behave.

YOUTH WORKER ROLE

Youth workers can play a crucial role in promoting mental health in youngsters. They can create a safe and supportive environment, build positive relationships, provide education and resources, encourage healthy habits, support access to services, and address the stigma surrounding mental health. By doing so, youth workers can help young people develop resilience, coping skills, and a positive outlook on life, which can lead to improved mental health and overall well-being.

GENERAL INFORMATION

Research on mental health in young people suggests that mental health problems are prevalent and can have significant impacts on their well-being. Studies have found that a significant percentage of young people experience mental health problems such as anxiety, depression, and behavioral disorders. Moreover, the onset of mental health issues often occurs during adolescence and young adulthood, highlighting the need for early intervention and support. Factors that can contribute to poor mental health in young people include social and economic disadvantage, trauma, family dysfunction, and substance abuse. Promoting mental health in young people can be achieved through education, awareness, and access to resources such as counseling and support services. Youth workers can play a vital role in promoting mental health in young people.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Practice good self-care:

- 💡 Encourage youngsters to prioritize self-care and engage in activities that promote mental and physical health, such as exercise, healthy eating, and getting enough sleep.

Build positive relationships:

- 💡 Encourage youngsters to build positive relationships with family, friends, and peers. Positive relationships can provide support, reduce stress, and promote a sense of belonging.

Develop coping skills:

- 💡 Teach youngsters healthy coping skills such as mindfulness, deep breathing, and positive self-talk, which can help them manage stress and anxiety.

Limit screen time:

- 💡 Encourage youngsters to limit screen time and engage in other activities such as reading, creative play, or outdoor activities.

Seek help when needed:

- 💡 Encourage youngsters to seek help when they are struggling. This may include reaching out to a trusted adult, seeking counseling or therapy, or contacting a helpline or support group.

CONCLUSION

In conclusion, promoting good mental health in youngsters is essential for their overall well-being and success. By creating safe and supportive environment, building positive relationships, providing education and resources, encouraging healthy habits, supporting access to services, and addressing the stigma surrounding mental health, we can help young people develop resilience, manage stress and anxiety, and lead healthy and fulfilling lives.

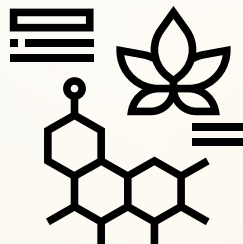
SUGGESTED ACTIVITIES FROM TOOLKIT

- **Peace Journal** page 39
- **Journaling** page 31
- **Gratitude jar** page 25
- **Daily gratitude journal** page 18

CHECK LIST

- Discuss setting aside time to disconnect from the social media and focusing on self-care.
- Foster open communication and encourage others to talk about their feelings and experiences.
- Focus on the positive things in life and practice gratitude for the good things, even when times are tough.
- Engage young people in activities that promote mental and physical health, such as exercise, meditation, and spending time outdoors.

SUBSTANCE USE



INTRODUCTION

Substance use is important in the context of well-being because it can lead to various negative consequences such as addiction, mental and physical health issues, and social problems. Substance use can affect the well-being of young people and their families, as well as cause harm to society as a whole. Associated problems include impaired judgment and decision-making, increased risk-taking behavior, financial difficulties, legal problems, and relationship issues.

FACT!

Prevention and early intervention are key in reducing substance use and related harm.

FACT! Addiction is a chronic disease that can be difficult to overcome.

YOUTH WORKER ROLE

A youth worker plays a crucial role in promoting well-being and reducing substance use among young people. They can provide education and resources on healthy behaviors and coping strategies, facilitate social connections and meaningful activities, and offer support and guidance to those struggling with substance use. By building a trusting relationship with young people and creating a safe and supportive environment, youth workers can help reduce the risk of substance use and promote overall well-being.


GENERAL INFORMATION

Substance use refers to the consumption of psychoactive substances such as alcohol, tobacco, prescription drugs, and illicit drugs like cannabis, cocaine, and heroin. Substance use can lead to a range of negative consequences, including physical and mental health problems, social and relationship problems, academic or work-related problems, and legal problems. Long-term substance use can also result in addiction or substance use disorder, a chronic and relapsing condition characterized by compulsive drug seeking and use, despite the harmful consequences. Prevention, early intervention, and treatment programs are critical in addressing substance use and promoting well-being.


WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS


Support developing healthy coping mechanisms:

 Substance use is often used as a coping mechanism to deal with stress and negative emotions. Developing healthy coping mechanisms, such as exercise, meditation, or creative outlets, can provide alternative ways to manage difficult emotions.


Set achievable goals:

 Setting achievable goals, such as reducing substance use by a certain percentage or abstaining for a set period of time, can provide a sense of accomplishment and motivation to continue making progress.


Focus on self-care:

 Prioritize self-care, such as getting enough sleep, eating a healthy diet, and practicing self-compassion. This can help improve overall well-being and reduce the likelihood of turning to substance use as a form of self-medication.

Support seeking professional help:

 Substance use disorders are complex and can be difficult for the young people to overcome on their own. Seeking professional help from a licensed therapist or counselor can greatly increase their chances of success.

Identify triggers:

 Identify together situations, people, or places that may trigger substance use and avoid them.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Mindfulness** page 37
- **Contemplation cards** page 17
- **Monstruo de colores** page 38
- **Living library** page 35

CONCLUSION

In conclusion, substance use is a serious issue that can have negative effects on individuals and society as a whole. It can lead to physical and mental health problems, financial instability, and social issues. However, there are ways to reduce substance use, such as educating youth, promoting healthy coping mechanisms, providing access to resources and support, and addressing underlying issues such as mental health problems and trauma. It is important for individuals, families, and communities to work together to prevent and reduce substance use and promote overall well-being.

CHECK LIST

- Discuss healthy ways to cope with stress and manage difficult emotions.
- Discuss avoiding situations and environments where substance use is prevalent.
- Encourage to make a strong support system and communication with loved ones about concerns or struggles with substance use.
- Support young people to engage in regular physical activity and maintain a healthy lifestyle.

DIGITAL DEVICES



INTRODUCTION

Research has shown that excessive digital device use, such as smartphones, can have negative impacts on well-being. This can include decreased physical activity, disrupted sleep patterns, increased stress and anxiety, and a negative impact on social interactions. However, the relationship between digital device use and well-being is complex, and moderate use of technology can have positive effects on well-being, such as facilitating social connections and providing access to resources for self-improvement. It is important to find a balance in digital device use to promote overall well-being.

FACT! Social media use can contribute to feelings of loneliness and isolation.

YOUTH WORKER ROLE

Youth workers can educate young people on healthy screen time habits, encourage alternative activities such as exercise and socializing, and provide resources for managing stress and anxiety. They can also promote the use of positive aspects of digital technology, such as online mental health resources and social support networks. Ultimately, youth workers can provide a valuable source of support and guidance for young people and their families navigating the complex and ever-changing world of digital devices.

FACT! Overuse of digital devices can lead to decreased physical activity levels and poor posture.

GENERAL INFORMATION

Digital device use has become an integral part of the daily lives of many youngsters, providing entertainment, communication, and access to information. With the rise of smartphones and social media, young people have unprecedented access to digital devices and spend a significant amount of time using them. While digital devices can have many benefits, excessive use can lead to negative effects on the well-being of young people. Research has linked excessive digital device use to problems such as sleep deprivation, social isolation, anxiety, depression, and addiction. Additionally, the widespread use of social media has been linked to the development of unrealistic standards of beauty, increased body dissatisfaction, and disordered eating. Therefore, it is important for youth workers to understand the impact of digital device use on the well-being of young people and to work with them to promote healthy digital habits.

WELL-BEING MOUNTAIN ROAD TRIP

USEFUL TIPS

Start with education:

- 💡 Educate young people about the risks and dangers associated with excessive device use, including the impact on physical and mental health, relationships, and academic performance.

Encourage healthy habits:

- 💡 Encourage young people to develop healthy habits when using digital devices, such as taking breaks, practicing good posture, and maintaining a balance between device use and other activities.

Create boundaries:

- 💡 Encourage young people to set boundaries around device use, such as not using devices during meals, before bedtime, or during social events.

Social connections:

- 💡 Encourage young people to use digital devices to foster social connections, such as by joining online communities or participating in group chats. This can help mitigate the negative effects of device use on mental health.

Family involvement:

- 💡 Involve families in the conversation and provide them with resources and strategies to help manage their child's device use at home.

SUGGESTED ACTIVITIES FROM TOOLKIT

- **Detox** day/weekend page 19
- **Kahoot** page 32

CONCLUSION

In conclusion, digital device use is a significant part of young people's lives, and while it has benefits, it can also have negative impacts on their well-being. Encouraging young people to take breaks from their devices, fostering face-to-face communication, and providing resources and education on the effects of excessive device use are all critical steps in promoting healthy device use and overall well-being. By working together with young people, parents, and educators, youth workers can help create a safe and balanced relationship with digital devices.

CHECK LIST

- Establish clear rules and guidelines for digital device use, including time limits, content restrictions, and appropriate use.
- Model healthy digital habits by limiting own use of digital devices and setting a good example for young people.
- Encourage physical activity and outdoor play to promote healthy development and reduce screen time.
- Establish tech-free zones - such as during meals or at bedtime, to promote face-to-face communication and quality family time.

TIPS

HOW TO

TALK ABOUT MENTAL HEALTH

Create a safe environment:

Find a quiet and comfortable place where they feel safe and secure. This sets the stage for an open and honest conversation.

Use age-appropriate language:

Frame your conversation using language that is appropriate for their age and developmental level. Avoid using complex terminology that might confuse them.

Be approachable:

Approach the conversation with warmth, empathy, and a non-judgmental attitude. Let them know that you are there to listen without any negative reactions.

Normalizing language:

Use casual and relatable language to normalize the discussion. Frame it as a regular topic, just like physical health.

Use visual aids:

Incorporate visual aids like diagrams, drawings, or videos to help explain complex concepts. Visuals can make it easier for young people to grasp abstract ideas.

Share your own feelings:

Open up about your own emotions and experiences related to mental health. This can help them feel more comfortable sharing their own thoughts.

Use storytelling:

Share relatable stories or anecdotes that highlight the importance of mental well-being. Storytelling can make the topic more engaging and relatable.

Ask open-ended questions:

Encourage to share by asking open-ended questions like "How are you feeling today?" or "Is there something on your mind?"

Avoid pressure:

Do not pressure them to share more than they are comfortable with. Let them know they can talk as much or as little as they want.

Listen actively:

Pay close attention to what they are saying. Maintain eye contact, nod, and show genuine interest in their words.

Use technology:

Utilize technology that they are familiar with, like online resources or interactive apps, to explain mental health concepts.

Validate their feelings:

Acknowledge their feelings and let them know that their emotions are valid. Avoid dismissing their concerns, no matter how trivial they may seem.

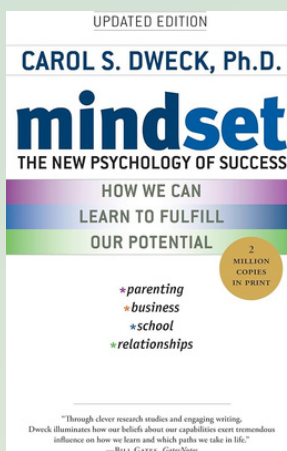
Be patient:

Young people might need time to process and articulate their feelings. Be patient and give them space to express themselves.

USEFUL RESOURCES

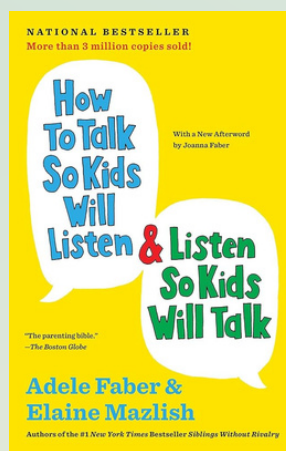
If you want to learn even more about helping young people, we've picked out some great resources. These cover how to help young people be more independent, how to keep them safe, and ways to make sure they feel their lives have meaning and purpose.

These extra resources have been chosen to help you do an even better job. We hope you find them useful as you continue to make a positive difference in the lives of the young people you work with.



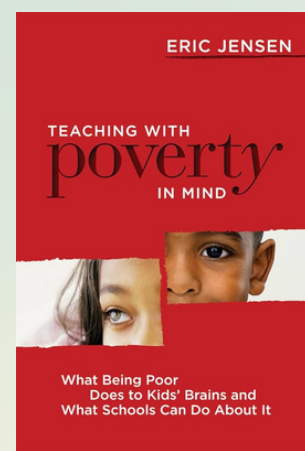
Mindset: The New Psychology of Success
by Carol Dweck

Explains the power of mindset and how it can impact learning, achievement, and overall well-being.



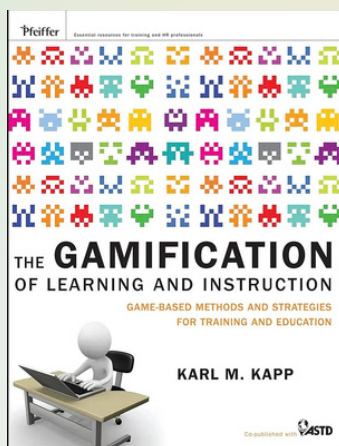
How to Talk So Kids Will Listen & Listen So Kids Will Talk
by Adele Faber & Elaine Mazlish

Provides communication strategies for building positive relationships with children and addressing challenging behaviors.



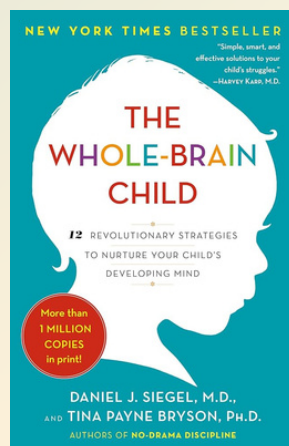
Teaching with Poverty in Mind: What Educators Need to Know About Poverty and How to Use That Knowledge
by Eric Jensen

Explores the impact of poverty on learning and provides practical strategies for supporting students from low-income backgrounds.



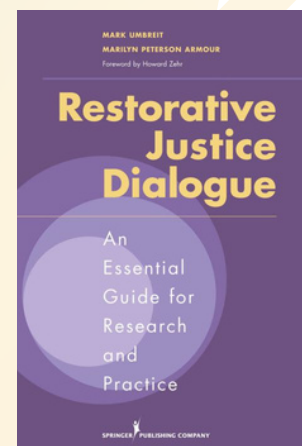
The Gamification of Learning and Instruction
by Karl Kapp

Explores the use of game-based elements in education and provides practical tips for implementation.



The Whole-Brain Child: The Revolutionary Approach to Healthy Emotional Development and Learning
by Daniel J. Siegel & Tina Payne Bryson

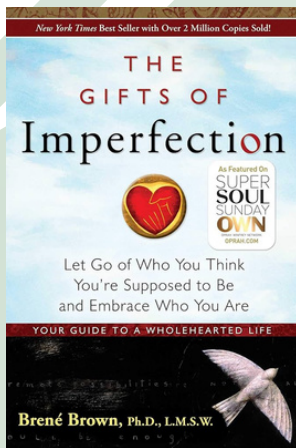
Explains brain development and provides strategies for fostering emotional intelligence and resilience in children.



Restorative Justice: A Practice Guide for Education
by Howard Zehr

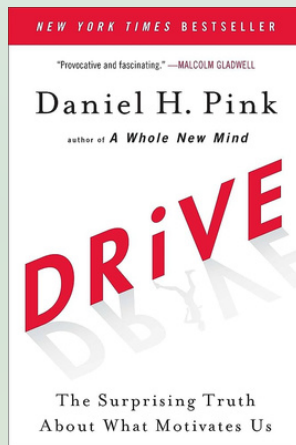
Introduces restorative justice practices as a way to address conflict and promote healing in schools.

USEFUL RESOURCES



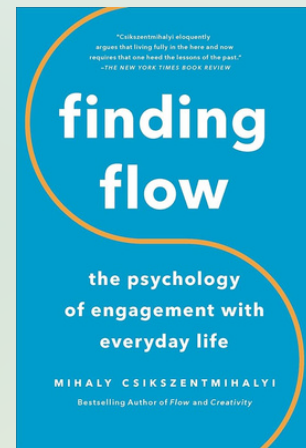
The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are
by Brené Brown

Encourages self-acceptance and vulnerability as pathways to meaningful connection and authenticity.



Drive: The Surprising Truth About What Motivates Us
by Daniel H. Pink

Explores the science of motivation and provides insights into what truly drives people to succeed.



Finding Flow: The Psychology of Engagement with Everyday Life
by Mihaly Csikszentmihalyi

Explains the concept of "flow" and how to create conditions for optimal experience and engagement.

Trauma-Informed Practices for Schools: Why and How to Create a Safe and Supportive Learning Environment

by Stephanie Stobbe

Explains the impact of trauma on learning and provides guidance for creating trauma-informed schools.

Spark: The Revolutionary New Science of Adulthood and How to Make the Most of Yours

by Tara Parker-Pope

Explores the science of adulthood and offers practical advice for navigating this often-challenging life stage.

Ditch That Textbook: Open Education Resources for Real Learning

by Matt Miller

Introduces Open Educational Resources (OERs) as a free and accessible alternative to traditional textbooks.

Remember, this list is just a starting point. Explore these resources further and choose those that best align with your specific needs and context.

HOTLINES, WHO CAN HELP IN SPAIN

Spanish mental health confederation:
NGO helps people with different local
projects, programmes and
conferences

CONTACT DETAILS:

✉ confederacion@consaludmental.org

☎ 91 507 92 48

MENTAL HEALTH FEDERATION:
Liaison for different NGO who works
with mental health

CONTACT DETAILS:

www.salutmentalcv.org

✉ info@salutmentalcv.org

☎ 96 353 50 65

ASIEM
Orientation and support for people in
mental health topic in Valencia

CONTACT DETAILS:

www.asiem.org

✉ asiem@asiem.org

☎ 960 05 49 60 / 963 92 28 59

HOTLINES, WHO CAN HELP IN LATVIA

Adolescent resource center:
Provides free of charge mental health support for adolescents aged 10 - 17 and phone counseling

CONTACT DETAILS:

www.pusaudzucentrs.lv

✉ info@pusaudzucentrs.lv

☎ +371 29164747

Center “Dardedze”:
Non-governmental organization dedicated to advocating for every child to have a safe childhood by preventing violence and specifically addressing the sexual exploitation of children

CONTACT DETAILS:

www.centrsdardedze.lv

✉ info@centrsdardedze.lv

☎ +371 67600685

Child and Adolescent Helpline:
Crisis counseling and psychological help for children and adolescents. 24/7 chat and phone consultations available

www.uzticibastalrunis.lv

✉ uzticibastalrunis116111@bti.gov.lv

☎ 116111

HOTLINES, WHO CAN HELP IN LATVIA

Center Marta:

Provides professional social, legal, psychological services to adult victims of violence and human trafficking, ensures assistance to women and their children in vulnerable life situations

CONTACT DETAILS:

www.marta.lv

✉ centrs@marta.lv

☎ +371 67378539

Association Skalbes:

Provides 24/7 crisis helpline, individual and group consultations, seminars, and programs addressing various issues for both children and adults, with a focus on crisis intervention, emotional support, preventive measures, and combating violence through specialized programs

CONTACT DETAILS:

www.skalbes.lv

✉ skalbes@skalbes.lv

☎ 116123

HOTLINES, WHO CAN HELP IN BULGARIA

**NATIONAL TELEPHONE LINE FOR
CHILDREN:**
is managed and administered by the
State Agency for Child Protection

CONTACT DETAILS:

www.116111.bg




Animus Association:
Foundation Centre for rehabilitation, counseling and
psychotherapy

CONTACT DETAILS:

www.animusassociation.org


 029817686@animusassociation.org

 +359 2 981 76 86

The National Network for Children:
is an alliance of civil society organisations and
supporters, working with and for the children and
families across the whole country

CONTACT DETAILS:

www.nmd.bg / www.nmd.en

 office@nmd.bg

HOTLINES, WHO CAN HELP IN ESTONIA

LASTEABI: Childrens help center

CONTACT DETAILS:

www.lasteabi.ee


 info@lasteabi.ee


 116111

Noorte tugila

CONTACT DETAILS:

www.tugila.ee

 heidi.paabort@ank.ee


 + 372 5809 1010

Seksuaalervis

CONTACT DETAILS:

www.seksuaalervis.ee/noorte-noustamiskeskused

 estl@estl.ee

 +372 5665 4313

HOTLINES, WHO CAN HELP IN ESTONIA

Peaasi

CONTACT DETAILS:

www.peaasi.ee/avaleht/peaasjade-keskus/

✉ peaasi@peaasi.ee

☎ +372 52 58 156

Ohvriabi

CONTACT DETAILS:

www.palunabi.ee/et/emotsionaalne-tugi

✉ kriisiabi@sotsiaalkindlustusamet.ee

☎ 116006

Koolipsühholoogide tugiliin

CONTACT DETAILS:

www.koolipsyhholoogid.ee

✉ koolipsyhholoogid@koolipsyhholoogid.ee


☎ 1226

HOTLINES, WHO CAN HELP IN ESTONIA

Eluliin

CONTACT DETAILS:


www.eluliin.ee


 655 8088

Lastemaja

CONTACT DETAILS:

www.abiksohvri.ee

 info@lastemaja.ee

 5854 5498

ALL PROJECT ESTEEM RESULTS



**Mapping
report**



**Collection of good
practices**



**Manual for youth
workers**



**Toolkit with
different methods**



Educational game



**Digital App
development**

**More about the project and results you can read
HERE**

English



Latvian



Spanish



Bulgarian



Estonian



www.metozuasociacija.lv

