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the European Union

KEEP CALM - TOOLS FOR MENTAL WELLBEING IN BALKANS

12.5.2024 -19.5.2024, SLOVENIA



GETTING TO KNOW EACH OTHER AND TEAM BUILDING

INSTRUCTIONS:

Participants are groups of 4 and they move in between the tasks.

TASK 1

Draw 1 painting all together (all on one canvas).

Topic: Harmonious life

Time: 10 min

TASK 2

Take the card that represents the best who you are. Present it to others.

Time: 10 min

TASK 3

Together write a poem about happiness.

Time: 10 min

TASK 4

As a group make a Jenga tower – as high as possible. Measure how high the tower is and write the measurement on the paper. Let's see who can built the highest one!

Time: 10 min

TASK 5

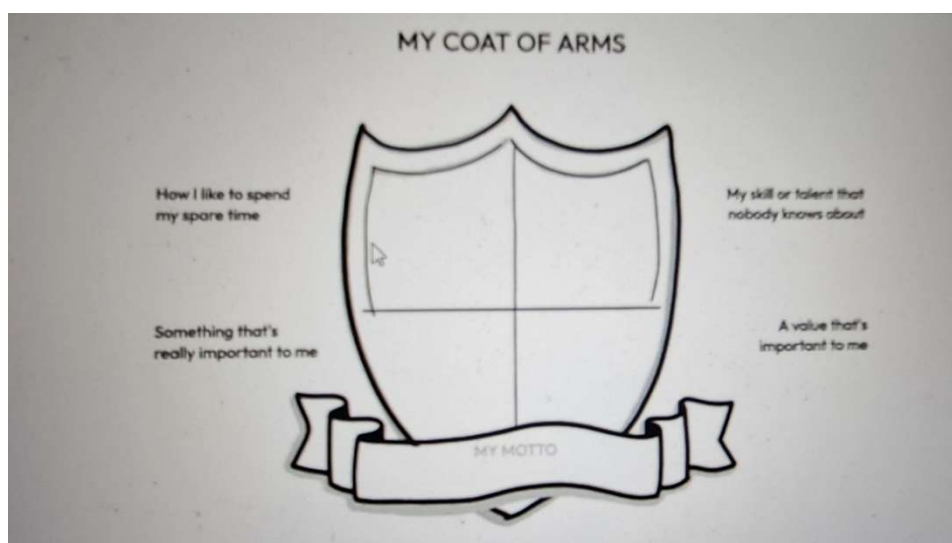
Take a card "Cultural exchange" and tell the others about it.

Time: 10 min

COTE OF ARMS

INSTRUCTIONS

Fill in the cote of arms, you can write, draw... and than share with all the participants in the circle.



ACROBALANCE

How to create an acrobalance workshop

There are several ways to organize an acrobalance workshop depending on the situation.

But some **RULES** are common to every workshop. These are the safety rules:

1. Acrobalance is a physical activity that can be strenuous. Always make warm-up exercise before starting.
2. The trainer should adapt the acrobatic figures to the age and abilities of the participants.
3. Participants should take responsibility for their own injuries and refrain from doing excesses that can be bad for them.
4. The trainer should make sure that there is a spotter (safety person) at all time next to the one trying, ready to hold and catch in case of a fall!! This is very important!! It doesn't need to be the trainer, but the rules are strict: No fooling around when being the spotter, stay focused. If not, change the person or stop the activity.
5. Organize a clear communication amongst the participants: If the bottom of the pyramid screams 'down!', everybody must go down IMMEDIATELY. When going down the pyramid, the people that are lower, must STAY, so that people on top of them can climb down. This will sound like evident but at the end of a figure, people should climb down in the reverse order in which they climbed up. First the top person climbs down then the middle ones and finally the bottom one.
6. If any of the participants feel that they are going to fall, they must tell the others by screaming loudly 'I'm falling'. This way the upper persons can prepare for the fall.
7. When you step on a person, verify whether it hurts and adjust the position of your legs, arms, knees ... so it will be painless (participant should not confuse pain with effort though).
8. Never stand on someone's spine. You should place your foot on the pelvis, above the legs, not higher up the body.
9. If you don't feel comfortable with body contact you can take pictures or come to the trainer and we will find a role for you.

The best way to organize an acrobalance workshop is based on a step-by-step method. For each figure, there is a progression of exercises that can be taught, each one preparing for the next skill level.

ACROBALANCE INTRO

Warm up the whole body

Make a series of classic warm up exercises

The run of trust

- Participants form two rows that are facing each other. They stretch their arm in front of them so as to block the tunnel they form. One person is standing a few meters before the start of the tunnel.
- At the signal, this person starts to run as fast as possible through the tunnel.
- The people forming the tunnel have to raise their hands just before the passage of the running person.

PURPOSE: Testing self and group confidence.

ACROBALANCE EXERCISES

The tunel

- Four people kneels as shown in the figure.
- Four other people stand on the base's legs a little above the knee and hold hands.
- The base holds the flyer above the knee.



PURPOSE: Getting to know the feeling of what it's like if you stand on someone.

Basic pose: The cat

- Position your knees right under your hips and your wrists right under your shoulders.

- Keep your back straight.



Correct position



Not Correct position

The surfer

- The base assumes the position of the cat.
- The flyer stands on the base with one foot on the pelvis and one foot between the shoulder blades.
- The spotter is there at all times and holds the flyer hips.
- **To come down, step down, don't jump!**



PURPOSE: Get to know one of the fundamental elements for setting up pyramids.

WARNING: Each person has a different constitution, it is necessary to be cautious and always check with the base where we stand.

If it hurts, come down immediately!

VARIATIONS



Pyramid with three person

- One participant assumes the cat position.
- The second step over and position his/her hands on the base's shoulders.
- The third person climbs up on the pelvis of the base and holds the shoulders of the middle one.
- Going down from the pyramid takes place in the reverse order of the assembly.

PURPOSE: The use of cat position in an easy pyramid.



The chair

- The base lay down and put his/her hands flat next to his/her ears.
- The flyer lightly steps in the hand of the base and seat on the base feet.
- The base simultaneously pushes his/her hand and leg so that they are stretched vertically.
- Come down the opposite way you came up. **do not forget to let go of base's feet so he/she can step down.**

PURPOSE: Feel the balance and be relaxed in the position.



The flag with three people

- One person assumes the position of the cat.
- The second lean on the base.
- The flyer steps straight up on the middle person's knees.
- Both lean back and try to find the balance point between the two.
- If they are stable, the base can move away so that the pair stands on their own.

PURPOSE: To learn the principle of counter balance.



The flag

- With practice, you can do the flag without the base person in the cat position and deep balance holding only one hand.



The Tower

- One person assumes the position of the cat.
- The second person rest his/her hand on the base's shoulder and keep a flat back.
- The third person does the same on the pelvis of the first.
- The fourth also climbs on the pelvis of the second.
- Come down the opposite way you came up.

PURPOSE: Getting used to balance a bit higher.



The roof

- Two persons assume the cat position facing each other.
- Two other are placed bottom to bottom in the middle.
- Two other climb on the pelvis of the cat's persons.
- The last one stands on the pelvis of the middle persons.
- To come down, the flyer carefully climbs down in front or back then the others come down the opposite way they came up.

PURPOSE: Strengthen the feeling of togetherness, cooperation, responsibility from the entire group.



The double roof

- Follow the building order just as the roof but had two persons in the middle.
- The top person climbs up from the shoulder of an assistant.
- This one is quite high so there must be at least 3 spotters!!!

PURPOSE: Strengthen the feeling of togetherness, cooperation, responsibility from the entire group.



Variation of the classic pyramid

- Four persons are placed in the cat position.
- Three persons stand in between.
- Two other climb on top.
- Come down the opposite way you came up.

PURPOSE: Very adjustable pyramid which can include all the participants.



Closing exercise

- Everybody lie down on their stomach next to each other very tightly and put their hands over their head.
- The person at the start of the group begins to roll over all the others taking care not to hurt them with his/her elbows.

PURPOSE: Relax, calm through physical touching, fun.

Reflection on the benefits of acrobalance:

- Team building
- Trust
- Confidence
- Exploring new roles

TRANSACTIONAL ANALYSIS PRACTICE TIME

You can find the lecture on this topic on the drive document

INSTRUCTIONS:

1. Think about **1 situation** that:
 - a. Happened recently (in the last 2 weeks)
 - b. You had an argument with someone or there was a situation that left you with a bad feeling.
2. **One by one** share situations with each other. One is talking, others are listening.
3. **Listeners** try to guess what happened to you based on transactional analysis. Why did you feel bad? Did the other person treat you as a controlling parent/rebellious child?

MENTAL WELL-BEING AT WORK

Mental well-being at work

- supervision = group of professional workers is working with other people; regular meetings with external professional and is there to support professional growth
- intervision = peer to peer supervision – not external



THE INCIDENT METHOD

This method has been developed with the aim to clarify and solve, in a structured way, the problems of individual persons working in teams. The problem-solving process consists of different phases. The phases I, II and III are necessary for each decision-making.

Phase IV is important for a cooperative team.

Phase I: informative phase (10 minutes)

- A person shortly presents the problem definition, and the situation in which the problem occurred. It has to be this person's own problem;
- Other participants write down informative questions. (They try to imagine the problem and the situation.);
- Participants ask short, informative questions, which are answered briefly by the person who formulated the problem. (Each person asks just one question);

In this phase, we do not discuss the solutions yet and we do not give advice. This comes later in III phase.

Example of informative question is "How long are you already working in this youth centre". Example of what is not an informative question is "What are you afraid of in case you lose this job"

Phase II: opinion-forming phase (10 minutes)

- Participants write down what, in their view, is the essential problem;
- Everybody reads aloud what they wrote down;
- There is no discussion in this phase.

Phase III: problem-solving phase (15 minutes = 3 times 5 minutes)

- Participants write down how they would solve this problem themselves; (including the person who presented the problem) (5 min)
- Participants read aloud what they have written down; (5 min)
- Now the person who formulated the problem tells how he/she/they has (or will in the future) solved the problem and: what he/she/they has learned from what the other participants introduced. (5 min)

Phase IV: evaluation, group phase (10 minutes)

- Each participant tells how she/he/they can recognize the presented problem as her/his/them in other situations;
- How was this process for you? Did you learn anything new?

This method functions best in groups of four persons. Every participant introduces a problem. While working on each new problem, someone from the group is assigned to guide the process and to watch the clock.

EMOTIONS AND NON VIOLENT COMMUNICATION

Pleasant (expansion) **Feelings - Sensations - Emotions** **Unpleasant (constriction)**

CALM

relaxation grounded
serene centered
tranquil trusting
peaceful relief
quiet content
at ease fulfilled
comfortable satisfaction
at home mellow

LIVELY

awake vibrant
excitement bliss
enthusiasm ecstatic
eager radiant
energetic thrill
passionate astonishment
alive amazement
surprise tingle

CONFUSION

torn
doubt
lost
hesitant
bafflement
perplex
puzzled

BODY SENSATIONS

knot in the belly
lump in the throat
inner rush
disgust
choking
breathless
squeeze
trembling

shrink
sick
weak
empty
shaky
dizzy
foggy
cold

WORRY

anxious
edgy
uneasy
concern
stress/tense
nervous

HAPPY

joy delight
amusement glad
animated pleased

COMPASSION

tender touched
warm moved
open affection
loving friendly

FEAR

afraid
scared
suspicion
panic
paralyzed
apprehension

SAD

heavy heart
nostalgic
melancholy
disappointment
discouragement
depression

hopeless
helpless
gloomy
down
longing
despair

ANNOYANCE

irritation
frustration
exasperation
impatient

CURIOUS

fascination
interest
involvement
engagement

inspiration
anticipation
wonder

GRATEFUL

appreciation
thankful

openhearted
encouragement

FATIGUE

overwhelm
burn-out
exhaustion
sleepy
tired

PAIN

guilt
hurt
lonely
grief
agony
suffer

heartbreak
miserable
devastation
regret
remorseful
turmoil

CONFIDENT

empowerment
proud
hopeful
optimistic
strong

REFRESHMENT

rested
enlivened
restored
reactivation
clearheaded
exuberant

VULNERABLE

fragile
insecure
reservation
sensitive

AGITATION

uncertain
troubled
unsettle
cranky
disquiet

alert
restless
shock
uncomfortable
uneasy

ANGER

upset
furious
rage
resentful

HATE

hostile
aversion
bitter
disgust
contempt
dislike

JEALOUS


envious

SHAME

embarrassment
shy

BOREDOM

apathetic
numb
far
withdraw
disengagement



Nonviolent Communication

Universal Basic Needs

PHYSICAL WELL-BEING

air
nourishment (food, water)
light
warmth
rest / sleep
movement / physical
exercise
health
touch
sexual expression
shelter / security / safety /
emotional safety /
protection from pain /
protection / preservation
comfort

CONNECTION

love / self-love
care / self-care
belonging
closeness / intimacy
empathy / compassion
appreciation / gratitude
acceptance
recognition
reassurance
affection
attention
openness
trust
communication
sharing / exchange
giving / receiving
tenderness / softness
sensitivity / kindness
respect
seeing (see & be seen)
hearing (hear & be heard)
understanding (understand
& be understood)
consideration / inclusion /
that my needs matter /
participation
support / help / nurturance
cooperation / collaboration
community / fellowship /
companionship / partnership
mutuality / reciprocity
consistency / continuity

MEANING

contribution / enrich life
presence / centeredness
self-connection
hope / vision / dream / faith
clarity / focus / concentration
to know (be in reality)
learning
awareness / consciousness
inspiration / creativity
challenge / stimulation
growth / evolution / progress
expansion
exploration / development
power / (inner) strength /
empowerment
competence / capacity
self-value / self-confidence /
self-esteem/ dignity /
efficacy / effectiveness
to matter / take part in /
have my place in the world
spirituality / purpose
liberation / transformation
Interdependence
simplicity
celebration / mourning

FREEDOM

choice / acting out of my
own spirituality
autonomy
independence
space / time

HARMONY

peace
beauty
calm / equanimity /
relaxation / tranquility
ease
order
coherence / congruence
sustainability
stability / balance
communion / wholeness
completion / digestion /
integration
predictability / familiarity
equality / justice / fairness


HONESTY

authenticity
(self) expression
integrity
transparency
realness / truth

PLAY

liveliness / alive / vitality
flow
passion
spontaneity
fun
humor / laugh / lightness
discovery / adventure
variety / diversity
renewal / refreshment

Yoram Mosenzon
www.connecting2life.net
info@connecting2life.net



Connecting 2 Life
THE ART OF DIALOGUE

You can find lecture about these two topics on the drive.

PRACTICAL EXERCISE NR. 1

1. Are emotions good or bad? Why do we have them?
2. How was in childhood – did parents recognise your emotions? What happened, if you were angry, frustrated, when you throw tantrums?
3. How are you dealing with emotions as an adult? Can you see connection with how you were treated in your childhood?
4. How can we deal with emotions, for instance anger?
5. What happens, if we can't express our emotions?

PRACTICAL EXERCISE NR. 2

One person from the group tells the others **about an experience where she/him experienced a lot of emotions.**

a. After he/she **finishes listeners get cards with feelings (you can find them on the drive) and try to identify what this person experienced.** Each person in a group writes down 3 feelings that are in his opinion expressed in this situation.

-Give papers with feelings to the person who told you about the experience.

-Person should choose only 5 and then tell about his/her experience once again by using this cards

Did the person **new what she was feeling....?**

b. The same we do with needs

Behind each emotion there are needs that are fulfilled or not.

-Everyone search for needs that were not fulfilled in this situation. Write 3 on the paper.

-Again, person chooses 5 of them.

-Was it more complicated with need or feelings?

- Were you aware of this needs that were not fulfilled?

TOOL OF MENATL WELLBEING – WHEEL OF LIFE

The Wheel of life is a tool to assess and raise your personal well being within different categories and allows you to become more self aware of the life you are currently leading.

Subdivisions

1. Work - How satisfied are you with your job, is it the job that you had imagined or would you rather pursue another career?
2. Finance - Are all incomes enough to meet all basic needs and other needs?
3. Physical Health, Body – How healthy is your physical body
4. Mental health and wellbeing – How do I cope with everyday life? How do I cope with my emotions?
5. Friends - Are friends supportive and trustworthy?
6. Romance - Have you found happiness in love?
7. Personal development - How do you deal with personal growth. Are you open to new experiences and eager to learn?
8. Fun & recreation - Are you enjoying life? Do you practice hobbies or sports?

Every slice of the pie represents a category. Each of these slices can be assigned a value of 1 (very bad) to 10 (very good). The value of 1 is closest to the centre of the circle and the value 10 is at the edge of the circle. After filling it in, a kind of spider web is created and it is possible to see at a glance what categories score less and what the life satisfaction of that moment is.

The Wheel of Life is completed. The spider web now shows any surprises, peaks and drops or regularity. You can find out what is going right and which parts may need more attention. The more extreme the number, the more improvement that category could use.

With scores from 8 to 10 you are very satisfied in a specific category. It is important to ensure that this is maintained, but that improvement in this area is always possible.

With scores from 5 to 7, you are reasonably satisfied with a category, but there is definitely a chance for improvement and to achieve goals.

Scores from 1 to 4 show that someone is not happy at all about this particular area. You have to find ways to improve the satisfaction here.

The completed Wheel of Life is an individual starting point and can be grim or balanced in appearance. It says something about how efficient and effective someone is in life. Of course, it is easy to be extremely satisfied with one category, but what else should happen to the other categories?

By looking at all aspects and ensuring that they are all connected, the balance can be found in life. The key is to find the balance and that is exactly what the Wheel of Life is about. It allows people to see what they are currently living in, forcing them to think ahead and find limits, which makes the wheel expand and grow.

The visual image of the filled in wheel can directly indicate where the necessary steps need to be taken. Now you can ask yourself which specific actions are needed to improve a category.

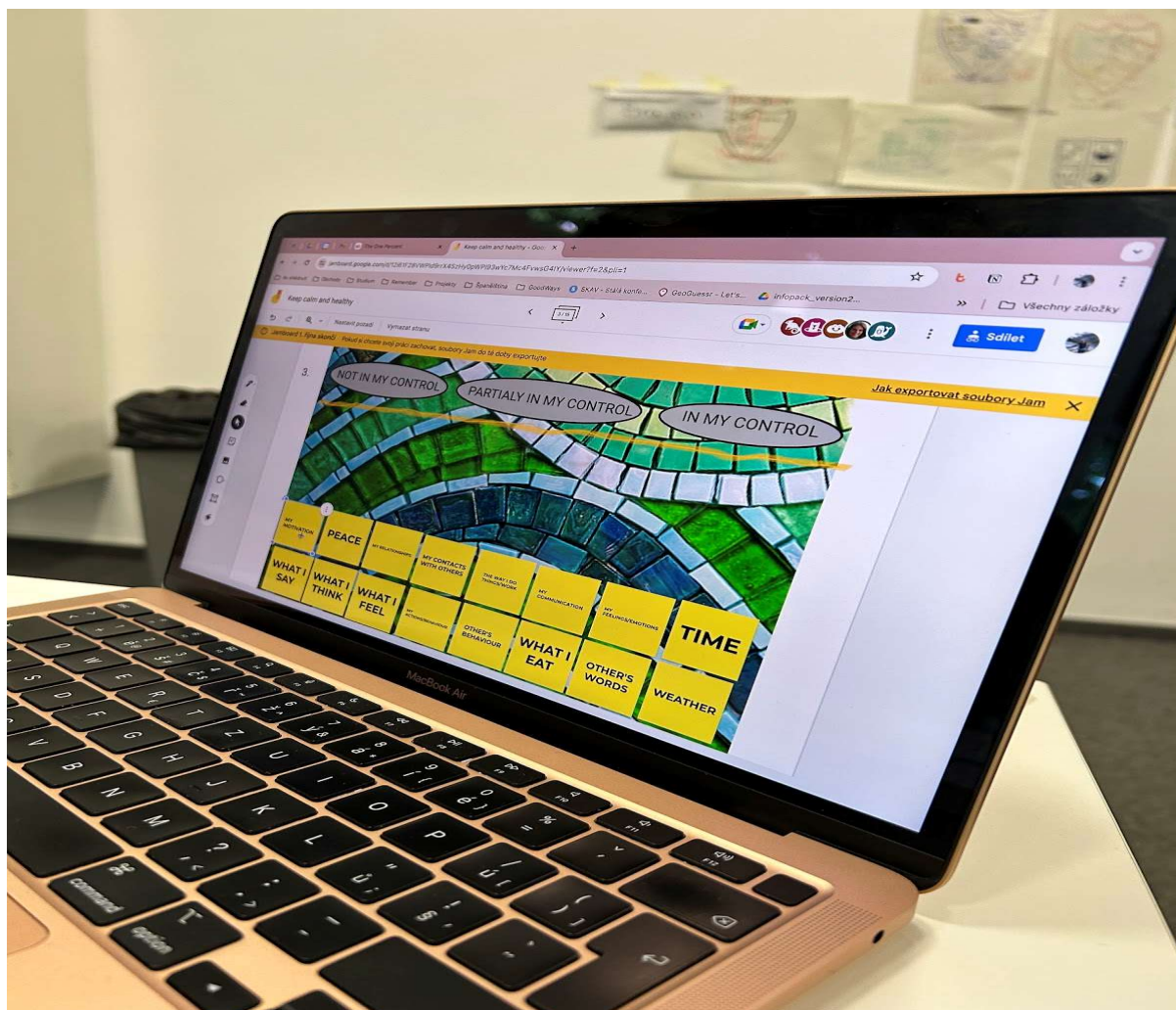


PERSONAL CRAZZINESS INDEX

You can find lecture on the drive

EXERCISE

Put different things in three groups : not in my control: partially in my control/ in my control- had some debates



Personal craziness index - explanation

The PowerPoint slide titled "Personal craziness index" contains the following table:

Points	Dirty apartment	Being too late for meeting	Working more than 8 hours per day	NOT hearing & talking with a person after the contact (NVC) - on the same day	Sport, reading, a walk: at least 10 hour per day	Call a friend (2 times per week)	Meditation (10 min)	Together	Write how you feel in few sentences
0-10									
11-20									
21-30									
31-40									
41-50									
51-60									
61-70									
71-80									
81-90									
91-100									
SUM OF POINTS PER WEEK	How healthy your lifestyle is towards your physical and mental health								
0-10	Optimum health								
11-20	stable strength								
21-30	medium risk for health (physical and mental)								
31-40	high risk for health (physical and mental)								
41-50	VERY high risk for health (physical and mental)								

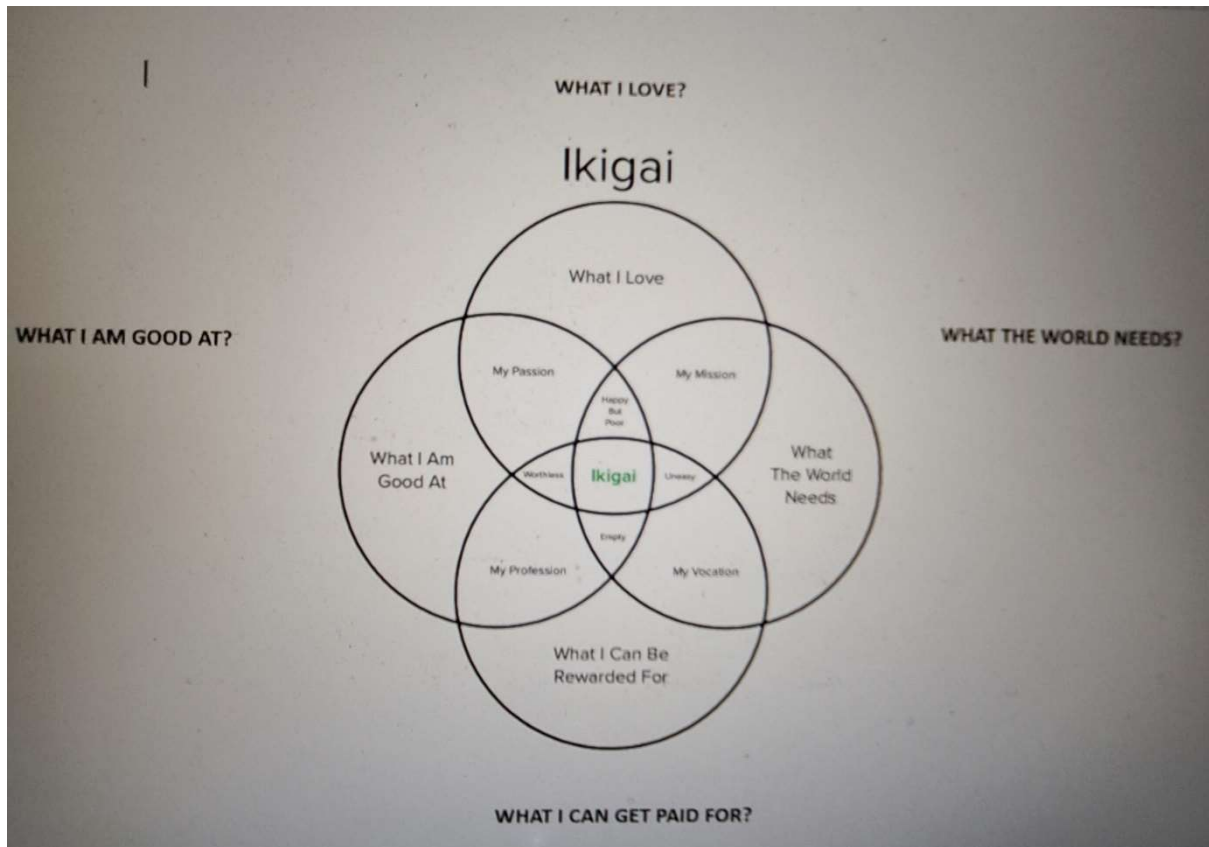
INSTRUCTIONS
 Choose 3-4 things that you like to do and you feel good after you do them.
 Choose 3-4 things that put you under stress.
 Be very precise in how long you are going to do some things!
 Do it for 3 months
 If you don't write it you get 7 points for 1 day

- doing it for the next three months.
- The right way to change your behavior

IKIGAI

<https://www.youtube.com/watch?v=Zxj3P0enJNQ>

You can find lecture on the drive



EXPLORING THE NATURE

1. We will go outside to the park. Go in couple and choose a starting point.
2. One of you will have eyes closed at all times.
3. The other one will lead you to one of the trees in the park and give you time so you will be able to explore the tree with your hands (still eyes closed!).
3. Then the “Leader,, will take you back to the starting point.
4. At the starting point you can **open your eyes** and take (by feeling) your “Leader” to the tree you were exploring.
5. Repeat the same with the other person.

RIVER OF LIFE

Draw your river of life. Identify on your drawing the various key “marker events” in your life – the boulders in the river, or places where the river changes course – that shape your story. Think about the fast-moving times in your life and the challenges or rocks that you moved through. Maybe there are offshoots, rapids, waterfalls, or still times in ponds. Use the metaphor to its fullest!

FUTURE ACTION MARKET

Each person chose one or more of the following coloured post its and stuck it on ourself. Then we were walking around and talking to people based on our interests and needs.

PINK Hi. I got a project idea. Let s develop it together. And also, my organisation is searching for partners for partners.

YELLOW Hi. I know very good mental wellbeing resources that I can share with you.

BLUE Hi. I want to tell you about cool project that I am running.