

Activity Plan



Co-funded by
the European Union



NAME OF THE ACTIVITY: CALM MINDS, STRONG LIVES

OVERVIEW

THIS ACTIVITY PROVIDES FACILITATORS WITH STRATEGIES TO HELP INDIVIDUALS UNDERSTAND AND MANAGE STRESS AND ANXIETY. IT INCLUDES PRACTICAL COPING TECHNIQUES TO BUILD RESILIENCE, IMPROVE WELL-BEING, AND PROMOTE A BALANCED LIFE THROUGH SELF-CARE, HEALTHY HABITS, AND SOCIAL CONNECTIONS

OBJECTIVES:

- INCREASE AWARENESS OF STRESS AND ANXIETY AS NATURAL RESPONSES.
- TEACH EFFECTIVE COPING TECHNIQUES FOR STRESS MANAGEMENT.
- ENCOURAGE SELF-CARE, HEALTHY HABITS, AND SOCIAL SUPPORT.
- BUILD RESILIENCE FOR LONG-TERM WELL-BEING

GROUP SIZE:

FLEXIBLE (SMALL GROUPS FOR INTERACTIVE DISCUSSIONS, LARGER GROUPS FOR LECTURES). 15-30 PAX

TARGET GROUP:

INDIVIDUALS BETWEEN 18-30 EXPERIENCING STRESS AND ANXIETY, INCLUDING STUDENTS, PROFESSIONALS, AND COMMUNITY GROUPS

Activity Plan



Co-funded by
the European Union



COMPLEXITY AND TIME:

BASIC TO INTERMEDIATE, ADAPTABLE FOR DIFFERENT AUDIENCES.

60–90 MINUTES, DEPENDING ON ACTIVITIES INCLUDED.

MATERIALS:

- NOTEBOOKS OR JOURNALS FOR PARTICIPANTS (OPTIONAL)
- PAX NUMBER PENS OR 5 MARKERS
- STRESS-RELIEF TOOLS (STRESS BALLS, GUIDED BREATHING CARDS, ETC.)

THEMES ADDRESSED:

- STRESS AND ANXIETY MANAGEMENT
- RESILIENCE-BUILDING TECHNIQUES
- SELF-CARE AND WELL-BEING
- IMPORTANCE OF SOCIAL CONNECTIONS

RESOURCES:

PRESENTATION MATERIALS (SLIDES, HANDOUTS, OR POSTERS)

- COMFORTABLE SEATING ARRANGEMENT FOR DISCUSSIONS
- RELAXATION OR MINDFULNESS AUDIO TRACKS (OPTIONAL)

SOURCES USED

EVIDENCE-BASED THERAPIES – CBT, DBT, ACT, MINDFULNESS, PSYCHODYNAMIC, AND SOLUTION-FOCUSED TECHNIQUES.

REPUTABLE GUIDELINES – APA, NIMH, WHO, AND PEER-REVIEWED RESEARCH.

INSTRUCTIONS

1. INTRODUCTION (10 MINUTES)

- WELCOME PARTICIPANTS AND INTRODUCE THE SESSION'S OBJECTIVES.
- BRIEFLY DISCUSS HOW STRESS AND ANXIETY ARE NATURAL RESPONSES TO CHALLENGES.
- ASK PARTICIPANTS: WHAT ARE COMMON STRESSORS IN YOUR DAILY LIFE? (WRITE RESPONSES ON THE BOARD.)

2. UNDERSTANDING STRESS AND ANXIETY (15 MINUTES)

- DEFINE STRESS AND ANXIETY AND EXPLAIN THEIR IMPACT ON MENTAL AND PHYSICAL HEALTH.
- DIFFERENTIATE BETWEEN HEALTHY AND UNHEALTHY STRESS RESPONSES.
- SHARE A SHORT PERSONAL OR RELATABLE STORY ABOUT MANAGING STRESS.

3. COPING STRATEGIES AND RESILIENCE BUILDING (20 MINUTES)

- INTRODUCE PRACTICAL TECHNIQUES:
 - SELF-CARE: SLEEP, NUTRITION, PHYSICAL ACTIVITY.
 - HEALTHY HABITS: TIME MANAGEMENT, SETTING BOUNDARIES.
 - SOCIAL CONNECTIONS: SUPPORT NETWORKS AND OPEN COMMUNICATION.
- HAVE PARTICIPANTS PAIR UP AND DISCUSS STRATEGIES THAT HAVE WORKED FOR THEM.

4. PRACTICAL EXERCISE (15 MINUTES)

GUIDE THE GROUP THROUGH A BREATHING EXERCISE OR MINDFULNESS ACTIVITY.

ENCOURAGE PARTICIPANTS TO WRITE IN THEIR JOURNALS: WHAT STRESSORS DO I WANT TO MANAGE BETTER? WHAT STRATEGIES CAN I TRY?

5. DISCUSSION & SHARING (15 MINUTES)

INVITE VOLUNTEERS TO SHARE INSIGHTS FROM THEIR JOURNAL REFLECTIONS.

OPEN A DISCUSSION ON OVERCOMING CHALLENGES IN APPLYING STRESS-MANAGEMENT TECHNIQUES.

PROVIDE ADDITIONAL RESOURCES FOR CONTINUED LEARNING (BOOKS, APPS, OR SUPPORT GROUPS).

6. CONCLUSION & TAKEAWAYS (5 MINUTES)

RECAP KEY POINTS FROM THE SESSION.

ASK PARTICIPANTS: WHAT IS ONE CHANGE YOU WILL MAKE TO MANAGE STRESS BETTER?

THANK EVERYONE FOR THEIR PARTICIPATION AND ENCOURAGE FOLLOW-UP REFLECTION.

Activity Plan



Co-funded by
the European Union



DEBRIEFING AND EVALUATION:

REFLECT ON EMOTIONS AFTER THE SESSION

- "HOW WOULD YOU RATE YOUR STRESS LEVEL NOW COMPARED TO THE START? WHAT CHANGED?"
- "DID ANY ACTIVITY TODAY HELP YOU FEEL CALMER OR MORE GROUNDED? WHICH ONE?"
- "WHAT SURPRISED YOU ABOUT HOW YOU FELT DURING OR AFTER THE EXERCISES?"

EVALUATION

- "WHICH STRATEGY FELT MOST USEFUL TODAY, AND WHY?"
- "CAN YOU DESCRIBE ONE TECHNIQUE IN YOUR OWN WORDS? HOW MIGHT IT HELP YOU?"
- "WHAT' S ONE QUESTION YOU STILL HAVE ABOUT THESE TOOLS?"

DEBRIEFING QUESTIONS:

- "WHAT' S ONE SMALL STEP YOU' LL TAKE THIS WEEK TO PRACTICE WHAT WE LEARNED?"
- "HOW WILL YOU REMIND YOURSELF TO USE THESE TOOLS WHEN STRESS ARISES?"
- "WHO OR WHAT CAN HELP YOU STAY ACCOUNTABLE?"

FUTURE-FOCUSED REFLECTION:

- "IMAGINE YOURSELF IN A STRESSFUL SITUATION NEXT WEEK. WHICH TOOL WILL YOU TRY FIRST?"
- "WHAT WOULD SUCCESS LOOK LIKE FOR YOU IN MANAGING STRESS A MONTH FROM NOW?"

TIPS FOR FACILITATOR

- CREATE A SAFE, SUPPORTIVE, AND NON-JUDGMENTAL ENVIRONMENT.
- BE MINDFUL OF PARTICIPANTS' COMFORT LEVELS WHEN DISCUSSING PERSONAL EXPERIENCES.
- OFFER PRACTICAL EXAMPLES AND REAL-LIFE APPLICATIONS OF STRESS MANAGEMENT TECHNIQUES.
- ADAPT ACTIVITIES BASED ON GROUP DYNAMICS AND NEEDS.

FOLLOW UP

- ENCOURAGE PARTICIPANTS TO MAINTAIN A STRESS JOURNAL.
- RECOMMEND ADDITIONAL RESOURCES, SUCH AS MEDITATION APPS OR SUPPORT GROUPS.
- ORGANIZE FOLLOW-UP SESSIONS TO TRACK PROGRESS AND ADDRESS NEW CHALLENGES.
- SUGGEST INCORPORATING SELF-CARE ROUTINES INTO DAILY LIFE.