

ID TALKS!

A series of 5 online workshops on 5 major topics in the promotion of "Year on Mental Health". The spring 2023 edition under the motto "Understanding Mental Health" forms a general understanding of young people's mental health and wellbeing and its link to quality youth work.



ID Talks:

MENTAL HEALTH EXPLAINED
CLIMATE-CHANGE ANXIETY
SOCIAL-MEDIA ADDICTION
SUPPORTING YOUNG PEOPLE'S WELLBEING
YOUTH-WORKERS WELLBEING

Download this and other SALTO Inclusion & Diversity booklets for free at www.SALTO-YOUTH.net/Inclusion/. This document does not necessarily reflect the official views of the European Commission, the SALTO Inclusion & Diversity Resource Centre or the organisation co-operating with them.

ABOUT SALTO

...‘Support and **A**dvanced **L**earning and **T**raining **O**pportunities within the Erasmus+: Youth in Action and European Solidarity Corps programmes’. The European Commission has created a network of seven SALTO-YOUTH Resource Centres to enhance the implementation of the EU Erasmus+: Youth in Action and European Solidarity Corps programmes, which provide young people with valuable non-formal learning experiences.

SALTO’s aim is to support the implementation of the European Erasmus+: Youth in Action and European Solidarity Corps Programmes with regard to priorities such as Social Inclusion, Diversity, Participation, and Solidarity. SALTO also supports co-operation with regions such as EuroMed, South-East Europe, or Eastern Europe and The Caucasus and coordinates all training and co-operation activities, as well as information tools for National Agencies.

In these European priority areas, SALTO-YOUTH provides resources, information, and training for National Agencies and European youth workers. Most of these resources are offered and disseminated at www.SALTO-YOUTH.net. Find online the [European Training Calendar](#), the [Toolbox for Training and Youth Work](#), the database of youth field trainers active at the European level ([Trainers Online for Youth or TOY](#)), links to online resources, and much more.

SALTO-YOUTH actively co-operates with other actors in the European youth field, among them the National Agencies of the Erasmus+ and European Solidarity Corps programmes, the Council of Europe, the European Youth Forum, European youth workers and trainers, and training organisers.

THE SALTO-YOUTH INCLUSION AND DIVERSITY RESOURCE CENTRE WWW.SALTO-YOUTH.NET/INCLUSION/

The SALTO-YOUTH Inclusion and Diversity Resource Centre (based in Belgium Flanders) works together with the European Commission to support the inclusion of young people with fewer opportunities in the Erasmus+: Youth in Action and European Solidarity Corps programmes. Through that, it works to contribute to social cohesion in society at large. SALTO Inclusion and Diversity also supports the National Agencies and youth workers in their inclusion work by providing training, developing youth work methods, disseminating information via the newsletter, etc. By offering opportunities for training, exchange, and reflection on inclusion practice and diversity management, SALTO Inclusion & Diversity works towards the visibility, accessibility, and transparency of its inclusion & diversity work and resources, and towards making ‘inclusion of young people with fewer opportunities’ and ‘positive diversity management’ a widely supported priority.

For more information and resources, have a look at the Inclusion & Diversity pages at www.SALTO-YOUTH.net/Inclusion/



DISCLAIMER

This magazine contains pictures as a result of the Graphic Recording which is an integral part of all the ID Talks events. There are four types of styles throughout the whole magazine.

- **General Cover Picture.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events. It is displayed as a cover picture of each ID Talks version.
- **Portrait of Speaker.** It depicts each speaker and a few graphic recording elements such as written parts of their "speech" and/or any other graphics according to the style of each ID Talks version. It is displayed on top of the speaker's description page.
- **Main Graphic Recording Card.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events, including the specific name of the event, the portrait of the speaker, written quotes of their "speech" and/or any other graphics. It is displayed on top of the first page of each article.
- **Graphic Recording Elements.** Throughout each article, the graphic recording elements complement the text with essential parts of each speaker's "talk".



I & D Talks

“Understanding Mental Health”

What is it all about?

ID Talks is a series of 5 stand-alone online events (workshops) of up to 90 minutes each, with inspiring guest speakers, thought-provoking insights, discussion in small groups, and Q&A sessions.

Mental health represents an integral part of an individual’s capacity to think, emote, interact with others, earn a living and enjoy life. Consequently, mental health underpins the core human values of independent thought and action, happiness, and friendship. Mental health and well-being are put at risk by a wide range of factors spanning individual, social, and environmental levels, including poverty and deprivation; debt and unemployment; and violence and conflict.”

- WHO, European Framework for Action on Mental Health 2021–2025

SALTO Inclusion & Diversity Resources Centre and the Mental Health in Youth Work project jointly announce 2023 as “ID Talks: Year on Mental Health”, with the spring 2023 edition under the motto “Understanding Mental Health” and the autumn 2023 edition under the motto “Discovering Mental Health Practices”.

For whom?

Youth workers, youth leaders, professionals, and volunteers involved in ID in the EU youth programmes, as well as all those interested in youth work and Inclusion & Diversity topics.

Main objectives:

- To provide food for thought and learn from inspirational ID stories;
- To provide an opportunity to learn about ID topics from the youth work sector and beyond;
- To get information, inspiration, and methods to help the youth sector address ID;
- To inform about and contribute to quality (international) youth work;
- To identify and learn how to tackle existing and future challenges within ID;



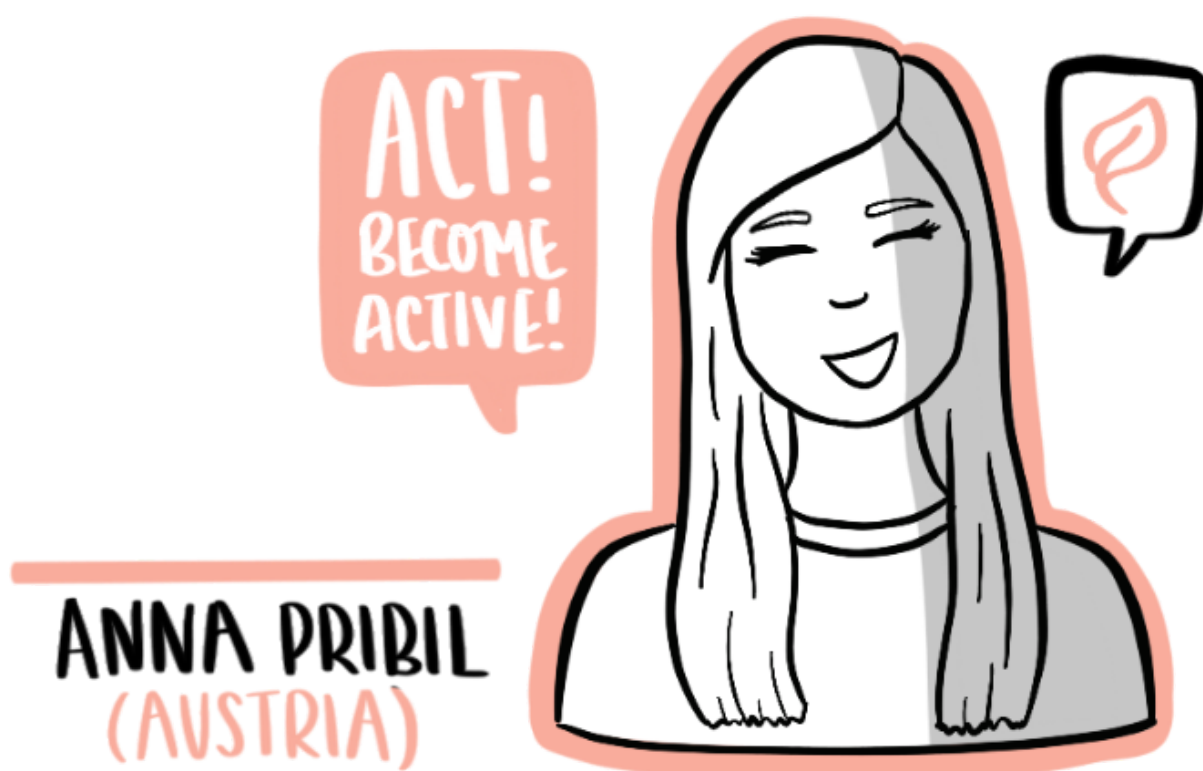
Event Dates:

- 15 February (13h CET) > **ID Talks Mental Health Explained:** You increasingly hear about mental health in the media. But what is mental health really about, and what not? How is mental health perceived and interpreted? How are young people today doing regarding mental health and well-being? What should we know, pay attention to, and be prepared for? Put your assumptions to the test and gain a common frame to look at mental health. Guest speaker: **Maria Agorastou, Greece**
- 01 March (13h CET) > **ID Talks Climate-Change Anxiety:** If climate change and the environment make young people take to the streets, these global challenges obviously have an influence on their mental health and well-being? What kind of approaches help you to address their climate-change worries? How can you promote climate resilience, both at an individual and at a societal level? Come and discover what role youth work can have in tackling climate-change anxiety. Guest speaker: **Anna Pribil, Austria**
- 15 March (13h CET) > **ID Talks Social-Media Addiction:** You probably know (young) people who are constantly glued to their phones. Maybe that's you? Let's zoom in on social media addiction. How can you identify it in yourself and in others? Find out what are the main issues, causes, and consequences. And how does it impact the mental health and well-being of young people? Find out what practical tools and support youth work can offer. Guest speaker: **Katja Mankinen, Sosped Foundation, Finland**
- 29 March (13h CET) > **ID Talks Supporting Young People's Wellbeing:** You probably (hopefully) feel that youth work supports young people's mental health and well-being. But what are young people's needs, and how can you identify and support those needs better? What kind of (extra) support do young people with fewer opportunities need for their mental health? Get an insight into coping and resilience strategies and learn how to create a sense of belonging and safe spaces (among others) in international projects. Guest speaker: **Ana Perović, Serbia**
- 12 April (1 PM CET) > **ID Talks Youth-Workers Wellbeing:** In order to take care of someone else, you need to take care of yourself as well! But how do you take care of your self-care? What are the main well-being issues that youth workers are experiencing? How do you prevent and overcome (emotional) exhaustion and burnout? Get to know the competences you need to take care of your own mental health and well-being (as a youth worker) so that you can continue to attend to the needs of young people. Guest speaker: **Natalja Gudakovska, Latvia**



ID Talks: Climate-Change Anxiety

What kind of approaches help you to address their climate-change worries? How can you promote climate resilience, both at an individual and at a societal level?



GUEST SPEAKER: ANNA PRIBIL

Anna Pribil is working as an ecological psychologist and eco-consultant since 2019. She studied psychology at the University of Graz and just finished her second Master's degree in Global Studies (focus on climate change). Her work is very versatile, as she advises both private individuals and companies on climate and environmental protection issues, with a particular focus on psychological aspects such as changing habits, motivation, and mindset shift. As vice-chair of Psychologists For Future Austria, she also works with children and young people on the topic of the climate crisis and climate emotions. In her spare time, sailing is her passion.



Article

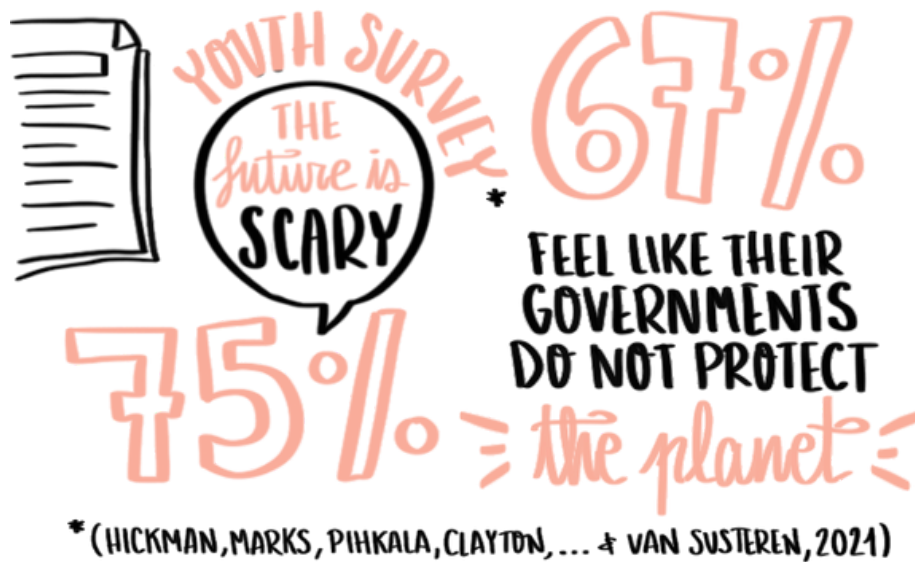
Anna Pribil



Climate feelings and possibilities for action

Do you know the feeling of climate fear? Many people now feel fear when they are bombarded every day with all the information about climate change. A drought here, a flood there, forest fires close by, more and more animal species threatened with extinction, etc. With so much information hitting us every day via social media or other media, climate sensitivities are becoming more and more common among the population.

In a study by Hickman et al. (2021), in which 10.000 young people between the ages of 16 and 25 were surveyed, 75% agreed with the statement "the future is scary". In addition, a diminished desire to have children was found among the respondents, as four out of ten said they were undecided about whether to bring children into the world at all. Another interesting finding of this study was that almost two-thirds (65%) feel that governments are not doing enough to prevent a climate catastrophe.



Besides climate fear, people can feel many other climate emotions ranging from anger, disappointment, despair, and sadness to shame. Activists in particular are affected by climate feelings because they are very committed and then realize that too little, too slowly, is changing.

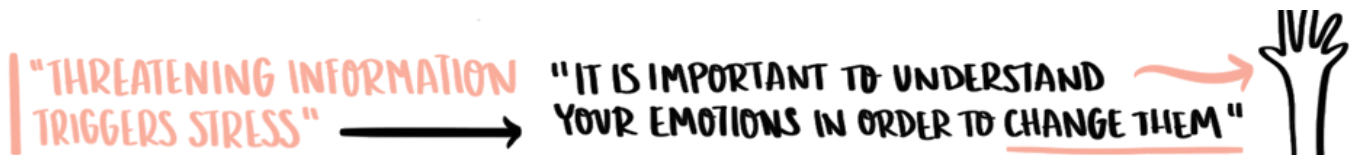


But how can we actively combat climate fear?

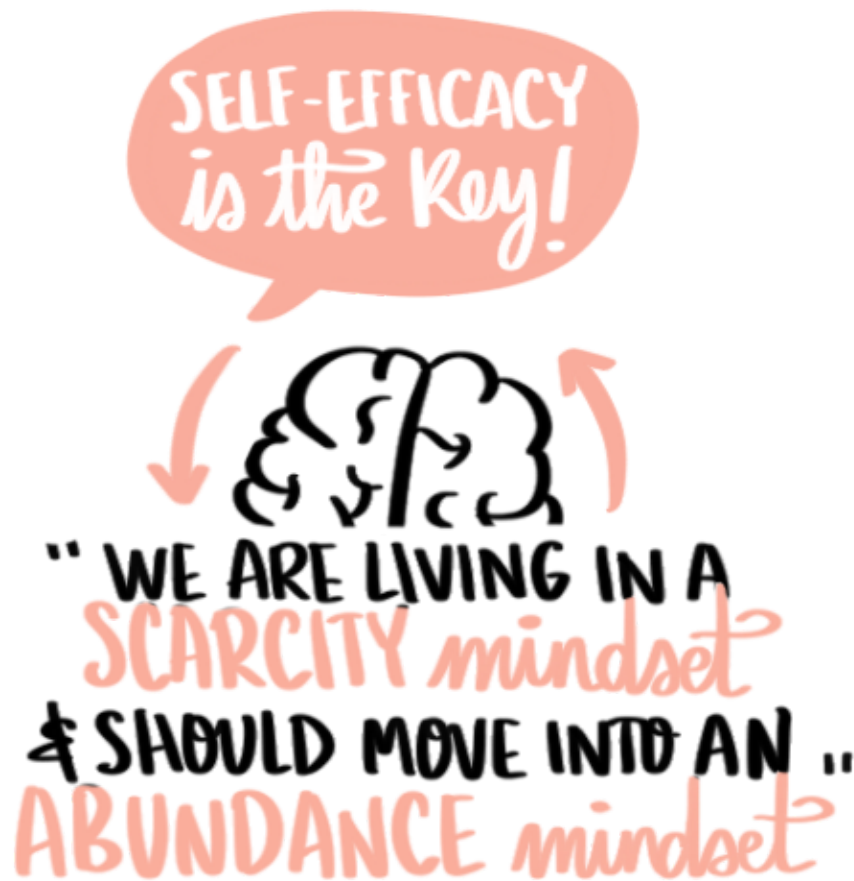
Let's start by saying that climate fear is not something to be fought or even treated. It is a natural and proper emotional reaction to a real threat. It can not only paralyze or cause feelings of powerlessness but can also be a powerful motivator to take action and become active. Moreover, politics could reduce the overall climate fear in society through active climate protection measures. After all, if climate-friendly behavior were finally cheaper and easier than climate-damaging behavior, there would also be less cognitive dissonance (contradictions between behavior and attitudes) in the population.

Nevertheless, there are ways to reduce your own climate anxiety so that you feel better again, or at least make it a little more bearable:

1. talk about your worries: talk to your friends and family about your climate fears. They may feel the same way and such an exchange is good for everyone.
2. keep the balance: it is important to give yourself time off. Therefore, try to find a good balance between an active confrontation with the climate crisis and opportunities to relax. Allow yourself to take breaks from negative information and activism. Do things that are good for you during this time. From a walk in nature to a good book, to a meal with friends, everything can be included.
3. Become active: Self-efficacy is the key to dealing with climate anxiety. Start where your individual strengths are. What do you like to do?



If you join a ...for the future group, for example, you experience the feeling of collective efficacy and realize that you can achieve much more together than alone, which can also lead to a reduction in your own climate anxiety.




Unfortunately, the climate crisis is far too often individualised. The best example is the ecological footprint, which was first propagated by a large oil company. After all, when people look at their own ecological footprint in detail, it distracts from the actual big polluters. The concept of the ecological handprint offers a good alternative, because it focuses on the positive changes that have already been made, but again with a focus on the individual. Politics and business are clearly in the driver's seat when it comes to climate protection.

Nevertheless, this does not absolve us of our responsibility as individuals. Because as Andreas Sator writes in one of his articles, it still needs the rethinking and the change of everyone, quasi as a means to an end. So that politicians see that there is a social change towards sustainability and climate protection and then react. After all, every big movement started small.

"Never doubt that a small group of committed people can change the world - in fact, this is the only way the world has ever been changed." - Margaret Mead

**"THE CLIMATE CRISIS IS A
STRUCTURAL PROBLEM
BUT IT STILL MAKES SENSE FOR
INDIVIDUALS TO CHANGE
• THEIR HABITS •"**



So what can you do concretely to protect the climate [and reduce your climate anxiety at the same time]?

- Join a climate protection group!
- Become politically active!
- Be brave! Talk to as many people as possible about climate protection and alternative actions!
- If you own your own house, change your heating and insulate your house with sustainable materials!
- Stop flying around the world and travel in an environmentally friendly way, e.g. by train!
- Support the development of renewable energies (e.g. switch to a green energy provider or install a PV system on your roof)!
- Consume fewer unnecessary things!
- Question the way you are mobile in everyday life!
- Change your diet and eat fewer animal products!

How and where is the best place to start?

Start where it is easiest for you. You don't like eating meat anyway? Then go vegetarian or even vegan for a month. Do you like to get actively involved in your community? Then start a climate protection project, maybe you can get the community to build a PV system on a public building, or you can transform old telephone booths into book cells or anything else that suits the people in your community and brings you joy.

If you start with simple little things, you won't feel overwhelmed so quickly and you will find it easier to change your habits little by little.

STRENGTHENING RESILIENCE

- EMOTIONAL STABILITY
- LEARN TO SAY "NO"
- INVEST IN "ME TIME"
- SLEEP & SPORT...

TAKE SMALL, CONTINUOUS STEPS

How to deal with young people who have climate anxiety?

If you are not affected yourself but work with young people who experience climate anxiety, the following tips may be helpful. If they confide in you, there is just one "RULE" (Miller & Rollnick, 2012).

R – Resist the righting reflex

U – Understand the motivation of the conversation partner

L – Listen to your convo-partner

E – Empower your convo-partner

TRY TO UNDERSTAND YOUNG PEOPLE:

R + U + L + E

RESIST THE RIGHTING REFLEX UNDERSTAND MOTIVATION LISTEN EMPOWER!

TAKE THEIR EMOTIONS SERIOUSLY

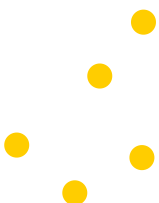
You can strengthen their climate resilience when you:

- Take their feelings seriously!
- Be authentic!
- Show real concern!
- Try to help as you can!
- Some just need a shoulder to cry on or someone to talk!
- Go on a demo with them!
- Show your real support!

BE AUTHENTIC

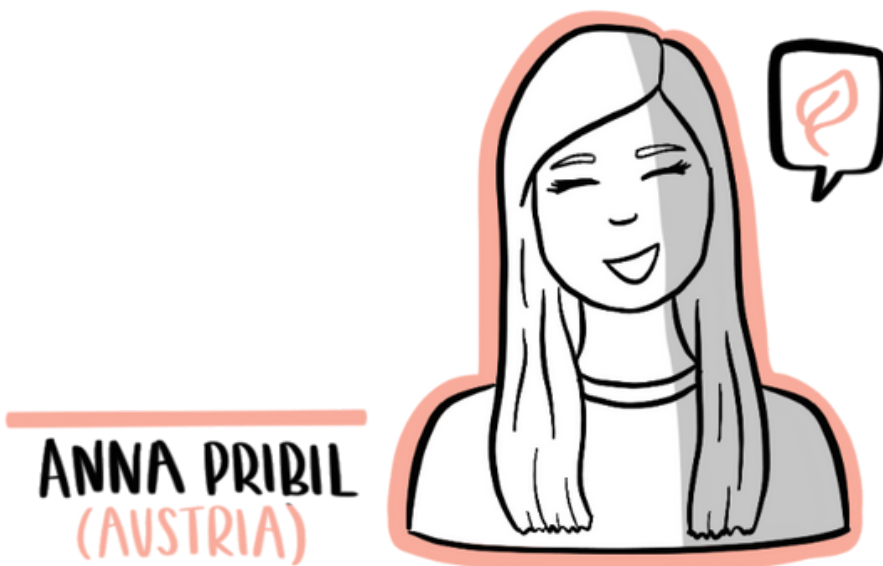
**SHOW
REAL CONCERN**

**Get into a
CONVERSATION!**



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Understanding mental health

ID TALKS

Climate-change anxiety

EDITORIAL INFORMATION

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On behalf of the SALTO Inclusion & Diversity!

