

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

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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**

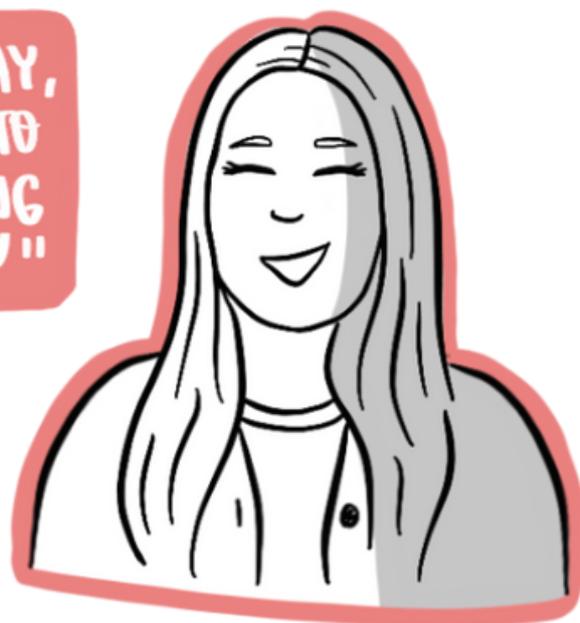


ID Talks: Social-Media Addiction

You probably know (young) people who are constantly glued to their phones. Maybe that's you? Let's zoom in on social media addiction.

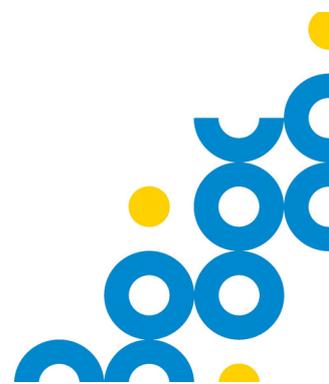
"SOCIAL MEDIA IS HERE TO STAY,
BUT WE CAN TAKE ACTION TO
PREVENT IT FROM BECOMING
AN ISSUE IN OUR SOCIETY"

KATJA MANKINEN
(FINLAND)



GUEST SPEAKER: KATJA MANKINEN

I am a recently graduated psychologist who has been working as a study psychologist at the University of Eastern Finland for the last 9 months. I have been also volunteering as a peer mentor within Sosped Foundation's Limitless Social Media Program in Finland for a couple of years now. I am interested in digital gaming and social media through my own experience and studies. In the future, I hope I can raise awareness considering digital addictions and support their treatments in public health care.



Article

Katja Mankinen

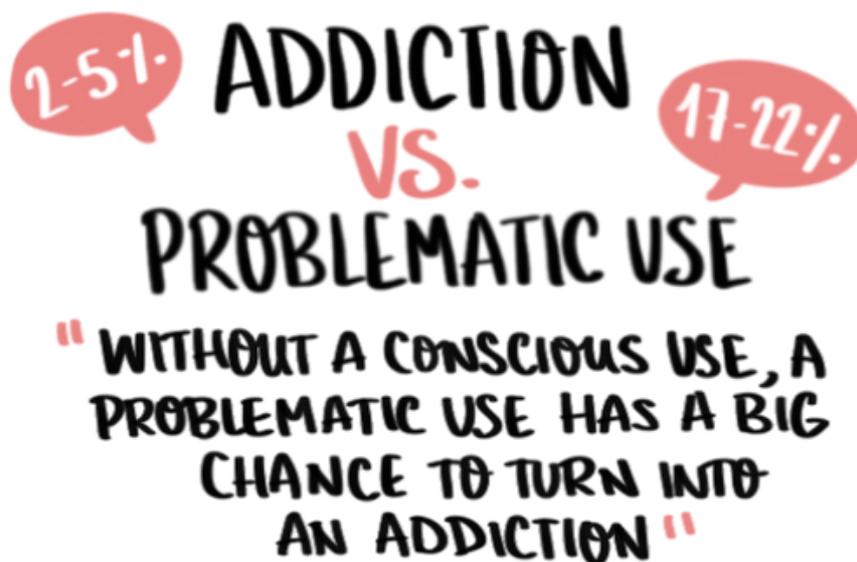


Background and Theory

Social media is a new phenomenon that has changed the ways we connect to and interact with our surrounding world. Thanks to technology, software developers can create apps and platforms which make contacting others and expressing oneself very easy and quick. Of course, this new media form has its negative side. Social networking sites, such as Facebook, Instagram, TikTok, LinkedIn, and Snapchat are the most used type of social media amongst the population and seem to have a link to addictive behavior. Social media addiction is not yet a confirmed diagnosis, and a lot of research needs to be done before it can be declared as one.

How to recognize the addiction

Hints of social media addiction can be noted in one's life. Typically, the person has a compulsive need to use social media, has weak control over their use, has difficulties in quitting the disruptive behavior, and is facing negative consequences widely in other areas of their life (such as studies/work, relationships, and general well-being). The prevalence of problematic social media use is not thoroughly known yet, as studies have a lot of variation in their target groups, methods, and interpretation of the results. However, addiction is assumed to concern 2-5 % of social media users, while the prevalence for less severe forms of problematic social media use is clearly higher (approx. 17-22 %).



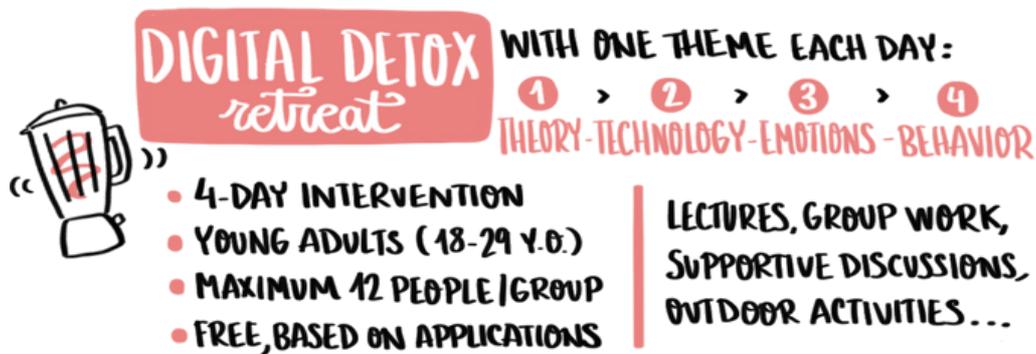
Figures

National reports about social media use most likely can be found online in their original languages. However, it is good to remember that the comparison between nationalities is currently difficult due to the differences in methodologies and cultures. In Finland, a recent study found out that an average adolescent (aged 19,2 years) uses internet approx. 35-42 hours a week which includes using social media services approx. 15-20 hours a week. Most of the adolescents in the survey (2653 participants aged 13-29) use social media on their smartphones (97 % of the use).

Sosped Foundation and Digital Detox Retreat

Sosped Foundation offers a variety of low-threshold help to adolescents struggling with problematic social media use through their Limitless Social Media program. Their methods include psychoeducation, group-based support, Digital Detox Retreats, and self-help materials. These are delivered through volunteer work (peer support), in long-term and short-term meetings or activities and which can happen F2F or online. I have personally volunteered as a peer mentor in various meetings for adolescents as well as in Digital Detox Retreat.

Digital Detox Retreat is a four-day psychoeducation intervention for young adults (18 to 29 years old) who seek help to control their gaming or social media use. The retreat I attended in 2022 as a peer mentor included only the social media side since participants with gaming issues were a minority in the applicants at that time. Participants (max 12) for the retreat camp are selected based on their written applications. The retreat is free of charge for them. The program in the retreats consists of lectures, group assignments, supportive discussions, leisure time, and outdoor activities. Each day has a specific theme: Theory, Technology, Emotions, and Behavior. These are fitted to the schedule in a way that leaves enough breaks and leisure time each day for the participants. Electronic devices are only allowed for 45 minutes per day in the evening. Otherwise, the devices are locked up in a suitcase that is held by one of the employees in the retreat.



DIGITAL DETOX
retreat

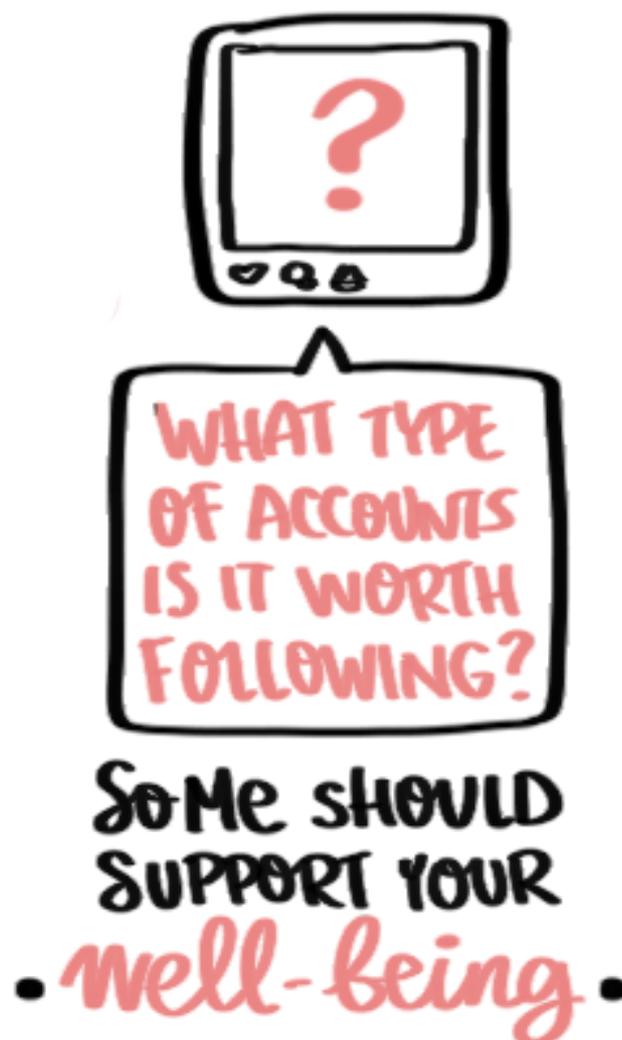
WITH ONE THEME EACH DAY:
1 > 2 > 3 > 4
THEORY - TECHNOLOGY - EMOTIONS - BEHAVIOR

- 4-DAY INTERVENTION
- YOUNG ADULTS (18-29 Y.O.)
- MAXIMUM 12 PEOPLE / GROUP
- FREE, BASED ON APPLICATIONS

LECTURES, GROUP WORK,
SUPPORTIVE DISCUSSIONS,
OUTDOOR ACTIVITIES...

The retreat works as an eye-opener to most of the attendants. It can be difficult to reduce the time on one's device by oneself. A concrete way of taking the device away and only allowing it for a specific period of time was an important wake-up call for me personally. Realizing that the scheduled time would be too brief for me made me rethink the importance of my device. I had such questions as "why isn't a brief time enough for me, should it be enough and why would I rather spend many hours on social media than do something else, like see people F2F and do something that improves me for the better".

Changing a behavior, even the behavior of using social media can feel like too much if done alone. In the retreat, we were with other participants for most of the days and even during our leisure time. Group support is really important in behavioral addictions: feeling troubled by not being allowed to use a device would feel even more horrible if others around would be using theirs, or not share the same thoughts and emotions about the situation. The group works as a self-compassionate mirror, where one can understand that they are not alone with their feelings and that they have people around them who share the moment with them.



What to do with Social Media

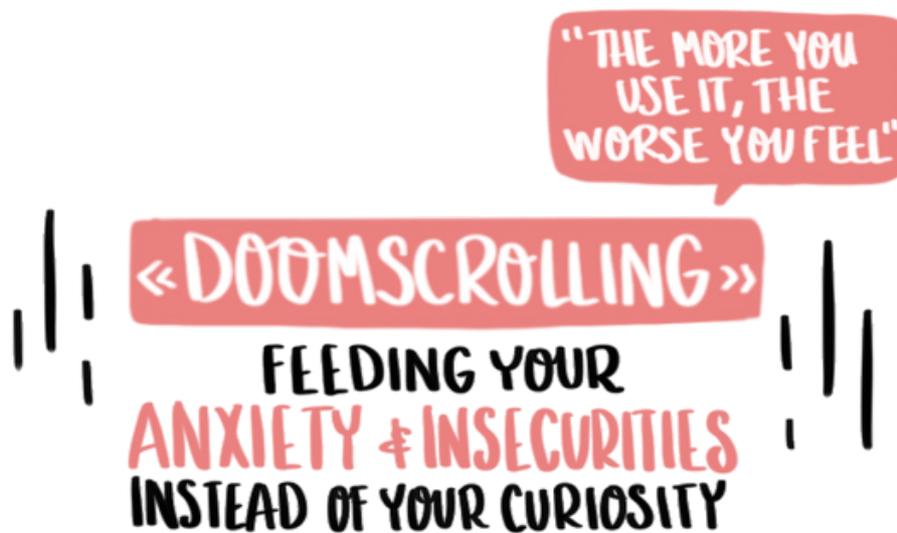
Social media is here to stay, growing, changing, and affecting us. It offers a lot of benefits to an individual: a way to stay in touch and communicate with others (especially over a long distance), join important communities to support one's well-being, find inspiration and empowerment, and be entertained. Social media is easily accessed (it is typically free of charge and reached from different devices) and it can benefit individuals by being a free marketing platform for oneself, supporting the feeling of belonging in society, and even supporting learning and being educated. Nevertheless, there are a lot of reasons why social media also raises concerns, especially among professionals. It can affect negatively one's sleep cycle, physical well-being, relationships and social skills, self-esteem, and performance in studies or work. The comorbidity of problematic social media use with, for example, depression, anxiety, OCD, and ADHD also require more attention in research.

TYPES OF SOCIAL MEDIA

- MAXIMUM 1
- FREE, BASED
- CONTENT CREATION > BLOGS, VLOGS
- CONTENT SHARING > YOUTUBE
- SOCIAL NETWORKING > FB, IG, TIKTOK ...
- CO-PRODUCTION > WIKIPEDIA
- VIRTUAL WORLDS ...

Is there anything we can do meanwhile? Yes, there really is. It's important to stay genuinely interested in learning more about the phenomenon even if you are not as familiar with social media platforms as your clients. For youth, I believe it would be really helpful and supportive to approach the subject in a conversation neutrally and with curiosity. Sometimes the motivation to use social media is not clear, especially among the youth. Talking about the motivators for the excessive/problematic use of social media can bring up really important information: is the person bored and just looking for ways to spend their time, do they experience loneliness or FOMO, do they wish to show their capabilities or is it "just out of a habit"? All of these hypothetical situations include a different kind of relationship with social media. Therefore, the counseling or advice for diminishing excessive/problematic social media use should be modified according to it.

It would be essential to ask the person, what they think they'd miss out on if they used social media less. In addition, motivational questions such as "what would less social media use give to one's life in turn" and "how could the diminishing be possible" can help the person weigh the importance of social media and find possible ways how its use could be reduced. The time spent on social media should not only be switched to more important activities but also the ways of connecting with others should be reinvented: if answering messages immediately while doing something meaningful is too intrusive, should some ground rules be laid considering where and when the messages or notifications will be reacted to? Would turning off the notifications help concentrate, for example? What are the meaningful things the person would rather spend their time onto, and how social media can be put aside while doing those?



Reducing the use of social media can be carried out in various ways. Above, I have shown examples of how to affect one's thoughts and motivation to use social media from their perspective. Luckily, the concrete ways of limiting the use are much more easily adapted if the motivation, "the thoughts in one's head", are made clear to oneself. Things that are worth trying:

1. Turn off notifications, sound, and the vibration of the phone and only read new messages when you really have the time and energy.
2. Put greyscale settings on at least for your work and study time.
3. Put the social media apps to the furthest screen on your phone so that opening the apps requires you to scroll to the right screen first.
4. Set an alarm every time you open your phone, so you remember to put your phone away when alerted.
5. Set up a time limit for your social media apps: when the time is up, you cannot open the app until the next day.
6. Find out how much time you spend on your phone and ask yourself if that is too much. If it is, try to think about things that are important to you: work, studies, friends, family, hobbies, skills, etc. Think about how you could increase your time spent on those instead of social media.
7. Decide a spot for your battery charger in your home and make it as uncomfortable as you can: short cord, no chairs around, a spot you would not spend time on otherwise. Then make a rule that your phone must stay at the charging spot every time you're at home and if you wish to use it, especially while it is charging the battery, you'd have to stay at that spot.
8. Remove the social networking apps from your phone and use only the desktop versions on your computer.
9. Replace your phone with a regular alarm clock, a notebook, a pocket calendar, etc, and use your phone for calls and messages only.
10. Use your creativity, mix and match these actions the way you want!



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- <https://wordpress.ebrand.fi/somejanuoret2022>

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Understanding mental health

ID TALKS

Social media addiction

EDITORIAL INFORMATION

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On behalf of the SALTO Inclusion & Diversity!

